



# Keystone Kids Go!

## Early Childhood Literature and Resource Guide

*Helpful Resources for Early Childhood Programs Looking to Improve Nutrition and Physical Activity Practices for Staff, Children, and Families*

### Best Practice Initiatives

#### USDA's Core Nutrition Messages

<http://www.fns.usda.gov/fns/corenutritionmessages/default.html>

The Food and Nutrition Service has released a set of 16 nutrition education messages, supporting content (such as tips and recipes) and implementation guidance for use in the nutrition assistance programs. Nutrition educators can employ these tools to support and enhance nutrition education targeting low-income mothers and children.

#### Let's Move!

<https://letsmove.obamawhitehouse.archives.gov/>

Let's Move! is a comprehensive initiative, launched by former First Lady Michelle Obama, dedicated to solving the challenge of childhood obesity within a generation.

#### Let's Move! Child Care

<http://www.healthykidshealthyfuture.org/content/hkhf/home/welcome.html>

#### Let's Move! Child Care Webinars

<http://www.healthykidshealthyfuture.org/content/hkhf/home/resources/webinars.html>

#### PA Early Childhood Programming Crosswalk with the National Let's Move! Initiative

<http://www.panen.org/keystone-kids-go/keystone-kids-go-resources>

#### Nemours Health and Prevention Services

<http://www.nemours.org/about.html> <http://www.health.gov/PAGuidelines/guidelines/chapter3.aspx>

<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf>

Nemours focuses on the message of "5-2-1-Almost none." Together with Delaware's Child and Adult Care Food Program (CACFP), Nemours is providing a best practice guide for both healthy eating and physical activity.

#### Center for Nutrition and Activity Promotion (CNAP)

<http://www.nrgbalance.org/>

Messages include "nrgBalance" and "12345!" These messages highlight five recommended behaviors for maintaining good health and provide simple, practical tips for the home environment to help families achieve energy balance every day.

#### Food Trust Kindergarten Initiative

[http://thefoodtrust.org/uploads/media\\_items/the-kindergarten-initiative.original.pdf](http://thefoodtrust.org/uploads/media_items/the-kindergarten-initiative.original.pdf)

The Kindergarten Initiative promotes healthy communities by teaching young children and their parents about food, farms, and nutrition. The Kindergarten Initiative works with kindergarten students in the classroom, integrating nutrition concepts into the regular school curriculum, as well as providing healthy fruit and vegetable snacks grown by local farmers.

**Report by the National Governors Association Center (NGA) for Best Practices titled Shaping a Healthier Generation: Successful State Strategies to Prevent Childhood Obesity**

<http://www.nga.org/files/live/sites/NGA/files/pdf/0909HEALTHIERGENERATION.PDF>

The report examines actions states are taking to prevent obesity and encourage children to eat healthier and be more active in three key policy settings, including early childhood care and education, communities, and health care settings.

**Project PA**

[http://www.projectpa.org/v25\\_04/index.php](http://www.projectpa.org/v25_04/index.php)

Project PA, a collaboration of Penn State University's Department of Nutritional Sciences and the Pennsylvania Department of Education, Division of Food and Nutrition, partners with schools and their communities to provide sound nutrition education and to promote children's healthy eating behavior.

**Early Care and Education Wellness Resource Toolbox**

<https://www.dhs.wisconsin.gov/publications/p0/p00280-resou.pdf>

The Kit has been designed to provide resources to encourage a healthy early care and education environment.

**First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care**

<http://www.nemours.org/service/preventive/nhps/resource/publication.html>

This toolkit is a practical, "how-to" guide created to help child care providers follow Delaware CACFP/Delaware nutrition and physical activity rules. While the toolkit was designed with Delaware's specific regulations in mind, others might find it helpful in working with childcare providers to improve nutrition and physical activity for young children.

- First Years in the First State-Administrators' Guide
- First Years in the First State-Menu Planning Guide
- First Years in the First State-Shopping Cheat Sheet Handout

**CDC, Children's Food Environment State Indicator Report, 2011**

<http://www.cdc.gov/obesity/resources/reports.html>

This report highlights behaviors, environments, and policies that affect childhood obesity. National Action Guide provides potential actions that state leaders, coalitions, community-based organizations, and professionals can take alone or in partnership to support state residents' purchase and consumption of more healthful foods.

**Children's Food Environment State Indicator Report, 2011**

<http://www.cdc.gov/obesity/downloads/ChildrensFoodEnvironment.pdf>

The Children's Food Environment State Indicator Report is the 4th in a series of CDC Reports that highlight environmental and policy indicators to improve nutrition, physical activity and reduce obesity.

**Department of Agriculture (USDA) and the Department of Health and Human Services (HHS): Nutrition and Wellness Tips for Young Children – Provider Handbook for the Child and Adult Care Food Program**

<http://teamn nutrition.usda.gov/Resources/nutritionandwellness.html>

This handbook was developed to help child care providers create healthier environments for the children. It addresses current wellness recommendations for children ages 2 through 5 years old.

**Resources from the Wisconsin Department of Public Instruction CACFP Menu Planning Guide**

<https://healthymeals.fns.usda.gov/state-sharing-center/wisconsin>

This toolkit is a how-to guide to following Meal Planning at a child care home or center. Materials include: the CACFP Meal Pattern; information on choking hazards and allergies; 16 weeks of menus; 120 CACFP-reimbursable recipes with nutritional information; and 8 shopping lists of items needed for every two-week menu cycle.

**Active Early: A Wisconsin Guide for Improving Physical Activity Healthy Bites: A Wisconsin Guide for Improving Childhood Nutrition** <https://dpi.wi.gov/community-nutrition/cacfp/wellness/active-early-healthy-bites>

Active Early and Healthy Bites are companion guides designed to help early care and education (ECE) professionals address childhood obesity by improving physical activity and nutrition in the program. Active Early focuses on physical activity and is based on current science, public health research, and national recommendations.

**Resources from the Texas Department of Agriculture Snacks that Count: Recipes for Nutritious Snacks**  
<http://healthymeals.nal.usda.gov/hsmrs/Texas/SnacksThatCount.pdf>

Developed for children under 5, this guide contains fun, instructive recipes that satisfy meal component requirements for CACFP.

**Stay Healthy with Milk**

[http://www.squaremeals.org/Portals/8/files/publications/ChildCare\\_MILK%20flyer%20FIN.pdf](http://www.squaremeals.org/Portals/8/files/publications/ChildCare_MILK%20flyer%20FIN.pdf)

This one-page handout provides information on why skim and 1% milk are smart choices for children. (Available in English and Spanish.)

**Missouri Department of Health and Senior Services, Bureau of Community Food and Nutrition Assistance Eat Smart Guidelines for Child Care**

<http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/>

These guidelines challenge child care facilities to improve their meal service by following recommended standards that are above the minimum requirements. Three recognition levels are offered: Minimum, Intermediate, and Advanced. The Guidelines recommend menu improvements including: more whole grains; more fruits and vegetables; less processed foods; lower fat milk; fewer sweets; and more variety of foods.

**Farm to School Farm to Preschool**

[http://www.fns.usda.gov/cnd/f2s/farm\\_to\\_childcare.htm](http://www.fns.usda.gov/cnd/f2s/farm_to_childcare.htm)

Through Urban and Environmental Policy Institute at Occidental College, the Center for Food and Justice sponsored a farm to preschool pilot program in Los Angeles, CA. The program aims to provide locally grown fresh fruits and vegetables to preschoolers and to develop wellness policies that other child care and preschools can implement.

**Caring for Our Children**

<http://cfoc.nrckids.org/>

Caring for Our Children, 3rd Edition (CFOC3) is a collection of 686 national standards that represent the best evidence, expertise, and experience in the country on quality health and safety practices and policies that should be followed in today's early care and education settings.

**Support for Breast Feeding**

**ECELS Spring Health Link Online – Breastfeeding and Early Childhood Educators**

<http://www.ecels-healthychildcarepa.org/publications/health-link-online/item/437-breastfeeding-early-childhood-educators>

Ample research shows that babies have the best chance for a healthy life when their mothers breastfeed them for a year or more. Early care and education providers can make a difference by sharing information and supporting a mother's willingness to breastfeed. Supporting the needs of breastfeeding mothers in early care and education programs is easy.

**Be a caregiver who supports the breastfeeding mother**

<https://extension.psu.edu/programs/betterkidcare/lessons/childhood-obesity-prevention-lmcc-2013-support-infant-feeding>

**Preparing and storing breast milk in your home child care program**

<https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all/support-breastfeeding-in-your-home-child-care>

**Caregiver's Guide to the Breastfed Baby**

<https://www.breastfeedingbasics.com/articles/caregivers-guide-to-the-breastfed-baby>

**Our Child Care Center Promotes Breastfeeding**

<http://cfoc.nrckids.org/WebFiles/AppendicesUpload/AppendixJJ.pdf>

**Loving Support Makes Breastfeeding Work**

<https://lovingsupport.fns.usda.gov/>

**WIC: Infant Hunger and Satiety Cues**

[https://wicworks.fns.usda.gov/wicworks/WIC\\_Learning\\_Online/support/job\\_aids/cues.pdf](https://wicworks.fns.usda.gov/wicworks/WIC_Learning_Online/support/job_aids/cues.pdf)

**Sample Infant Feeding Plan**

<http://www.pabreastfeeding.org/workplace/childcare-providers/>