



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

Curriculum – Lessons and Activity Ideas

Team Nutrition Resource Library

<http://healthymeals.nal.usda.gov/state-sharing-center-0>

Resource library with preschool nutrition education materials.

Setting the Stage: Nutrition and Physical Activity Lessons for Early Childhood Settings

https://www.educateiowa.gov/sites/files/ed/documents/0506_np_tn_settingthestage_set2.pdf

The cards are intended to illustrate typical nutrition and physical activity lessons in early childhood settings. They were developed as a companion to the Team Nutrition curriculum for early childhood, Food and Me.

MODEL Health! Promoting Nutrition and Physical Activity in Children

<http://healthymeals.nal.usda.gov/hsmrs/Maryland/MODELHealth.pdf>

This kit is a collection of supplementary lessons on nutrition and physical activity with an emphasis on role modeling. Intended as a teacher resource in the early childhood classroom, the kit is most appropriate for use with children aged three to five.

California Provider Obesity Toolkit

<https://www.lacare.org/sites/default/files/child-adolescent-obesity-toolkit.pdf>

This toolkit is intended for physicians and health care professionals to consider in managing the care of their patients for overweight and obesity.

Healthy Habits for Life (curriculum) and Get Healthy Now video from Nemours and Sesame Street Curriculum

<http://www.sesameworkshop.org/what-we-do/our-initiatives/healthy-habits-for-life/>

This project seeks to establish an early foundation of healthy habits, while reminding children and their adult caregivers that living a healthy lifestyle can be fun!

Minnesota Department of Health, LANA: Learning about Nutrition through Activities

<http://www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/nutritioneducation/lana/index.html>

The goal of the LANA Preschool Program is to help young children learn to taste, eat and enjoy more fruits and vegetables in order to promote good health.

Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables

<http://teamnutrition.usda.gov/Resources/growit.html>

Kit that includes six booklets featuring three fruits and three vegetables. Each booklet includes hands-on activities, planting activities, stories, songs, MyPyramid for Preschoolers nutrition education activities, home activities with parent/child activity sheets, family-sized recipes, and tips for cooking with children.

The Two-Bite Club

<http://teamnutrition.usda.gov/Resources/2biteclub.html>

Parents or caregivers read the book to children and encourage them to try foods from each food group by trying just two bites, just like the children in the story.

Better Kid Care

<http://betterkidcare.psu.edu>

Better Kid Care site offers recipes for healthy snacks and lunches and provides information to share with parents on children's nutrition and active play. Better Kid Care also offers distance education lessons on preventing childhood obesity with proper nutrition, active play ideas, working with fussy eaters, and planning healthy snacks.

Choosy Kids

www.choosykids.com

Choosy Kids promotes the development of healthy nutrition and physical activity habits early in life.

Early Childhood Education Linkage System (ECELS)

<http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies>

ECELS offers early learning programs resources in PA to combat obesity and promote healthy choices.

Penn State Cooperative Extension

<http://www.extension.psu.edu> <http://extension.psu.edu/familyfitness/>

Select "Nutrition, Diet, & Health," "Nutrition Information," "Nutrition through the Lifecycle," and then see "Child Nutrition." Nutrition education opportunities for individuals, families, businesses, and communities are also offered.

Lunchbox Chatter

<http://extension.psu.edu/health/food-and-nutrition/curricula/lunchbox-chatter>

Lunchbox Chatter is a series of 5 newsletters for parents of preschool children. The purpose of the newsletters is to provide parents/guardians with information and ideas for packing healthy lunches. Each newsletter is accompanied by a mini-poster for children to color or an activity that reinforces the concept in that newsletter.

Fruit & Veggie More Matters™ Campaign

<http://www.fruitsandveggiesmorematters.org>

Includes handouts for parents, games for children, recipes and tips, and suggestions to increase fruit and vegetable intake.

Keystone Kids Go!

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

Initiative in Pennsylvania focused on improving young children's nutrition and physical activity. The initiative is targeted towards early childhood practitioners from childcare, Head Start, early intervention, family literacy, and pre-kindergarten programs. Keystone Kids Go! consists of five parts:

- Go Colorful! Provides early childhood practitioners with Keystone Color Me Healthy resources and materials to teach preschoolers that healthy eating and movement are fun.
- Go Active! A physical activity toolkit created to show early childhood practitioners how to increase instant, integrative and imaginative movement in their classroom or center.
- Go Learn! Showcases the efforts of dedicated Keystone Kids Go! Early childhood practitioners in Pennsylvania
- Go Healthy! Shows early childhood practitioners how to be the best role models they can be.
- Go Families and Parents! Highlights special projects created to involve parents in kid's nutrition and activity.

Nutrition Matters

www.numatters.com

Offers reproducible newsletters that help promote a healthy lifestyle for families with young children by translating current nutrition information into an easy to read and practical format.

Nutrition.Gov

www.nutrition.gov

This nutrition database supports the President's Healthier US Initiative. It contains resources for all age groups on a variety of food issues.

Gardening Resources

<http://www.kidsgardening.com> <http://www.squarefootgardening.com>

<http://www.colostate.edu/Depts/CoopExt/4DMG/Children/children.htm>

http://www.seedsofchange.com/learningcenter_a.aspx

Includes many resources for gardening with young children, including a listing of available grants that programs can apply for, as well as lesson plans and program highlights.

Community Garden Guide

<https://letsmove.obamawhitehouse.archives.gov/gardening-guide>

The guide provides a wide variety of resources available to help you start a community garden at your organization or congregation.

Books About Gardening

Gardening with Children

http://www.bbg.org/gardening/handbook/gardening_with_children/

The Children's Kitchen Garden: A Book of Gardening, Cooking and Learning

<http://www.amazon.com/Childrens-Kitchen-Garden-Gardening-Learning/dp/0898158737>

The USDA Recipes for Child Care

<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTYzJmlzTWdyPXRyd>

[WU](#)

The current USDA Recipes for Child Care were updated to reflect the Food Safety and Inspection Service's (FSIS) recommendations for retail foodservice based on the current FDA Food Code. Further information concerning USDA Recipes for Child Care can be found [here](#).

Also, included are the new Recipes for Healthy Kids (R4HK). The 30 recipes from the R4HK competition are credited to support the whole grain-rich, red/orange, dark green, and beans/peas (legumes) vegetable subgroups for the meal patterns as part of the Nutrition Standards in School Meal Programs. The [30 kid-approved](#) recipes are designated with an "r" at the end of the recipe number.

The USDA Team Nutrition Recipe Finder

<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>

The Healthy Meals Resource System Recipe Finder contains over 750 recipes for school and child care food service professionals. Find standardized recipes, quantity recipes, USDA recipes, recipes from industry and more!

Spriggles Books

[http://www.spriggles.com/books.h](http://www.spriggles.com/books.htm)

[tm](#)

Spriggles is the fun way to enhance a child's self-esteem while increasing awareness and knowledge of health, nutrition, activity, and exercise. Spriggles weaves innovative stories with imaginative illustrations and playful rhymes.

Changing the Scene – Improving the School Nutrition

Environment

<http://www.fns.usda.gov/TN/Resources/changing.html>

A tool kit that addresses the entire school nutrition environment from a commitment to nutrition and physical activity, pleasant eating experiences, quality school meals, other healthy food options, nutrition education and marketing the issue to the public.

The American Heart Association

www.americanheart.org

Supports a four-pronged approach to reduce childhood obesity for children participating in early childhood classrooms:

- Programs provide nutritious meals and snacks and avoid empty calories
- Teachers provide a model for choosing and eating healthy foods and beverages
- Increase physical activity levels in early childhood classrooms
- Make connections with children's families so that children will continue to practice healthy habits at home

Heart Power!

http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.Tuuq4HKwV7c

Free, science-based lesson ideas and activities in both English and Spanish for Pre-K through 1st grade that help children learn about heart health.

Physical Activities and Healthy Snacks for Young Children

http://healthymeals.nal.usda.gov/hsmrs/iowa/Physical_Activities_%20Healthy_Snacks.pdf

A collection of cards featuring recipes for healthy snacks on one side and daily physical activities for young children on the other side. Each card provides a book title appropriate for young children relevant to the specific foods in the recipe or to the physical activity.

Setting the Stage: Nutrition and Physical Activity Lessons for Child Development Homes

<http://healthymeals.nal.usda.gov/hsmrs/iowa/Setting%20the%20Stage%20Child%20Development%20Homes.pdf>

The lessons are intended to provide suggested nutrition activities in the early childhood setting, with special interest for Child Development Homes.

Power Panther Preschool Implementation Guide Kansas Department of Education; 2006.

www.kansasteamnutrition.org/TN_Docs/PP_Preschool_Implementation_Guide.pdf

This curriculum provides a variety of activities and recipes to get preschoolers interested in healthy eating.

Food for Thought: Eating Well on a Budget

[http://www.sesamestreet.org/toolkits/fo](http://www.sesamestreet.org/toolkits/food)
[od](http://www.sesamestreet.org/toolkits/food)

The Food For Thought resource kit is designed to assist children and families in achieving a balanced and healthy diet by educating them about nutritionally sound foods that are easier to access and that are good for child development, and support families facing economic challenges.

Food Trust: Preschool Initiative Toolkit

http://thefoodtrust.org/uploads/media_items/the-preschool-initiative.original.pdf

The program, based on The Food Trust's successful [Kindergarten Initiative](#), is designed to be a resource for preschool teachers, teachers' aides and preschool center administrators interested in developing and providing a nutrition and physical activity program like the Preschool Initiative in their centers.

CACFP Wellness Resources for Child Care Providers

<http://healthymeals.nal.usda.gov/cacfp-wellness-resources-child-care-providers>

The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 encourages child care providers to promote health and wellness in child care through nutrition, physical activity and limited electronic media use. This Web site is dedicated to helping CACFP providers find the resources they need to meet recommendations in these areas.

Recipes for Healthy Kids

http://www.teamnutrition.usda.gov/Resources/recipes_for_healthy_kids.html

If you're looking to add to your collection of delicious, kid-approved recipes that are made from healthy ingredients, look no further than the Recipes for Healthy Kids Cookbooks!

Healthy Bodies Book List

<http://familyliteracy.tiu11.org/napsacc/HealthyBodiesBookList.pdf>

Developed by the Commonwealth Libraries and TIU 11, this resource lists books relevant to nutrition and physical activity programming.

ABCs of Growing Healthy Kids – Sequence of Development and Feeding Skills

<https://extension.psu.edu/abcs-of-growing-healthy-kids-development-and-feeding-skills>

ABCs of Growing Healthy Kids – Partners for Healthy Eating

<https://extension.psu.edu/abcs-of-growing-healthy-kids-partners-for-healthy-eating>

Healthy nutrition and feeding practices are foundational for the growth of young children. Knowing what and how to feed children in infancy through the early years is important for families and caregivers as they help establish healthy habits that will carry through until adulthood. The ABCs of Growing Healthy Kids are a helpful resource for providing general feeding information from birth through six years of age. Specific topics of interest are also covered such as picky eaters, healthy snacks and breakfast ideas. Downloadable PDFs are available for printing and sharing.

Nibbles for Health: Nutrition Newsletters for Parents of Young Children

<http://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children>

Nibbles for Health was developed for child care center staff and parents of young children enrolled in child care centers. Nibbles for Health has reproducible newsletters that staff can give to parents to address many of the challenges they face every day.

Choosy Kids

http://www.choosykids.com/index.php?p=infants_toddlers

Now available, a new Choosy music CD for babies, toddlers, and preschool children.

Early Childhood Learning and Knowledge Center (ECLKC) - Little Voices for Healthy Choices

<https://eclkc.ohs.acf.hhs.gov/physical-health/article/little-voices-healthy-choices>

The Little Voices for Healthy Choices (LVHC) is a national initiative for Early Head Start (EHS) and Migrant and Seasonal Head Start (MSHS) programs. It was developed to promote wellness in infants, toddlers, and expectant families. The initiative includes training and resources with strategies designed to address healthy nutrition, physical activity, brain development, and sleep for children birth to 3, their families, and communities.

Sesame Street, Healthy Habits for Life- We Have the Moves!

http://www.sesamestreet.org/sites/default/files/media_folders/Images/We%20have%20the%20moves%20-%20Providers.pdf

From birth, children explore and learn new ways to move their bodies. These early skills are the building blocks for doing more complex movements. Regular physical activity benefits children in all kinds of ways. It builds strong bones and muscles, improves social and emotional skills, and supports their ability to learn new concepts. Moving together also boosts children's self-confidence and makes everyone feel good – including you! The ideas in this resource, developed for children ages 2 to 5, will provide you with fun ways to boost children's activity during your everyday routines.