

## Myth Busters

With so much information about nutrition and physical activity out there, it's easy to get confused! To help you untangle fact from fiction, we've compiled a list of the most puzzling questions and given straight-forward answers to set the record straight. We hope this helps you understand the intent and scope of the DE CACFP/*Delacare* Rules and how to most easily adopt them in your child care center or home. Keep this information in mind as you make decisions on menu planning, shopping and food preparation. Also, feel free to educate parents and staff by adding this information to newsletters, presentations or bulletin boards around your facility.

### Buying and Storing Myths

#### Do I Have to Buy Organic?

According to the U.S. Department of Agriculture, there is insufficient research on whether organically-grown food contains more or better nutrients than conventionally-grown food.<sup>1</sup> Therefore, when it comes to providing food for the children at your center or home, it is not necessary to buy organic. Instead, focus on conventionally-produced items that are fresh, locally-grown and free of bruises, cracks or dents.

#### Fresh, Frozen or Canned Fruits & Vegetables – Which is the Best Choice?

All are good! There are many ways to purchase and store fruits and vegetables, and none is considered “the best.” Frozen, canned and dried fruits or vegetables can be as nutritious as fresh produce. In some cases, when produce is frozen right after it's harvested, it can have more nutrients than when fresh. Frozen and canned options can also be cheaper than fresh fruits and vegetables. When you do choose frozen, canned or dried products, choose those without added sugars, sauces or seasonings. Buy canned fruit that is packed in its own juice, or if purchasing fruit packed in syrup, choose light syrup and be sure to drain and rinse to remove added sugars. Purchase canned vegetables that are low in sodium or say “no salt added.” Avoid cans with dents, bumps or holes to be sure that your food will be safe from bacteria that could be harmful to children.<sup>7</sup>

#### Fortified vs. Enriched vs. Whole Grain

When buying food items, consider the terms on the packaging. You may see words such as “fortified” or “enriched” on foods like dairy, cereals and juices. Any foods that are fortified have had vitamins and minerals added to them to increase their nutritional value. Foods that are enriched have been stripped of nutrients during the refining process?<sup>2</sup> Nutrients are then added in smaller amounts after the refining process. Often, these terms are used to mislead consumers, so be sure to check the nutrition label for high levels of sugar and fat. Stick to bread, cereal and flour labeled “100% whole grain” or “100% whole wheat,” which are minimally processed and naturally filled with vitamins, minerals and fiber.

## Health Claims

While grocery shopping you may see products that have health claims such as “reduces cholesterol,” “calcium builds strong bones” or “may reduce the risk of some cancers.” The FDA allows companies to put these claims on their products, which link the effect of a certain food to a health condition, a disease or a function of the body.<sup>2</sup> Don't rely on these claims when purchasing products! Look at the nutrition label to get a better idea of the nutrients in the food and compare its fat and sugar content with DE CACFP/Delacare Rules.

## Expiration Dates: “Use by” vs. “Sell by”

When buying, storing and using food products it is very important to look at the dates on the product, whether it be the “use-by” date or the “sell-by” date. A “use-by” date is the latest recommended date to use the product before it loses quality.<sup>3</sup> The “sell-by” date tells the store or vendor how long to display the product for sale. You should only buy the product before this date. By sticking to these dates, you can be sure that the food is safe to eat. This is important for all foods, especially meat, dairy products and food that is canned or frozen. It is often easy to tell if food is safe to eat simply based on how it smells, looks and/or feels. Refer to the “Safe Food Storage” sheet in the “Tools” section for specific recommendations.

## Nutrient Myths

### All Fat is Bad

Not all fat is bad! In fact, some fats are healthy and required by your body to function properly. All humans need to eat fats to survive, but most of us are eating unhealthy fats rather than the good ones. Polyunsaturated fats and monounsaturated fats are good to eat and should be included in the daily diet.<sup>1</sup> They are found in foods such as nuts and fish. However, trans fats and saturated fats, which lead to overweight and other health problems, should be limited. These fats are found in animal products (e.g., bacon and sausage), fried foods (e.g., French fries and mozzarella sticks) and commercially-packaged foods (e.g., chips, pork rinds and many desserts).<sup>1</sup> Parents and caregivers need to make sure children are eating the right kinds of fats for brain and nervous system development. Use MyPyramid.gov to determine how much fat should be included in a child's diet.<sup>2</sup> DE CACFP/Delacare Rules require that no more than 35% of a food's calories come from fat for fried and pre-fried then baked meats, fruits and vegetables.

### I've Heard Carbs Cause Weight Gain – Should We Be Limiting Them?

Carbohydrates are a key part of a healthy diet and are the main source of energy for the body. They can be divided into two categories: simple and complex carbohydrates.<sup>5</sup> Complex carbohydrates are healthy options since they are digested slowly and release energy over time; examples include whole grains and vegetables. Simple carbohydrates,

found in table sugar, high fructose corn syrup, and other sugars that are added to foods and beverages should be limited since they provide little nutritional value. Frequently, foods with added sugar are high in calories but lack other important nutrients. To keep children's diets healthy, make sure they eat plenty of fruits, vegetables and whole grains, but limit foods and drinks with added sugar.

## Vitamin Supplements

Taking a daily multivitamin does not replace a healthy, balanced diet. It is important to get nutrients from food, rather than pills or other supplements. Fruits and vegetables contain nutrients, such as fiber, that aren't included in multivitamins. If children are given vitamins, make sure they don't exceed the Dietary Reference Intake (DRI) for the child's age and that the bottle is kept out of reach.<sup>4</sup>

## Feeding Kids Juice, Diet Soft Drinks and Sugar-Sweetened Beverages

Water and fat-free or 1% (low-fat) milk are the best drink options for children. Soda, sports drinks (e.g., Gatorade®), sweet teas and powdered drink mixes (e.g., Kool Aid®) usually have added sugars which can greatly increase a child's caloric intake. This can lead to overweight, obesity and tooth decay. Drinking four ounces of 100% juice per day can count as a serving of fruit or vegetable. However, fruit juice should be limited to one serving per day because it is high in fructose — a naturally occurring sugar in fruit. Other juice products, such as juice cocktails and drinks, contain added sugars and should be avoided. Regular soda should not be served, since it is also high in calories and added sugar. Although there is no evidence that artificial sweeteners in diet drinks cause harm to children, they should also be limited so they don't take the place of healthier drinks, such as water and milk.<sup>4</sup> Water is most effective for quenching thirst and should be available to children at all times. It represents a “second-best” choice for children during meals and snacks, after fat-free or 1% (low-fat) milk.

## Other Myths

### Children Should Finish All of the Food on Their Plate

Forcing a child to “clean his plate” is **never recommended**. Doing so encourages children to ignore their own hunger cues and feelings of fullness. Children will naturally eat until they are full and stop when they are no longer hungry. Forcing a child to eat more than he wants can lead to overweight. It is best to offer children small, age-appropriate servings to start and allow them to ask for more if they are still hungry. This helps to reduce overeating and wasting of food.

## Child Care Providers are Responsible for Making Sure Children Eat Enough

No, you're not! Child care providers are responsible for providing healthy options during meal and snack times. Children are responsible for deciding what and how much to eat. Caregivers can help a child make smart choices by offering healthy foods, encouraging children to try new foods, and teaching children how to recognize their own hunger and fullness cues. Children's bodies are designed to eat when they need to and will consume more on some days and less on others. Don't worry whether or not they're getting "enough" to eat. Many children are actually overfed, but you can change this by supporting their decisions on what and how much to eat.<sup>6</sup>

## If Children Don't Like a Food the First Time, They Will Never Like It

Taste buds develop over the course of a lifetime, so it is important to keep introducing children to healthy foods. Although children may not like a food the first time they try it, after several times they may acquire a taste for it. Provide multiple opportunities for a child to try a new, healthy food to increase the chances that he will enjoy it. It may take 5 – 20 tries for a child to determine whether he likes the food or not. Remember not to force a child to try something new, but to let him discover the food on his own, praise his exploration of new foods and let him see you eating healthy foods happily.<sup>4</sup>

## Exercise Should Occur During One Time Period in the Day

The National Association for Sport and Physical Education (NASPE) recommends that toddlers engage in at least 30 minutes of structured physical activity and at least 60 minutes — and up to several hours — per day of unstructured physical activity. Preschoolers should engage in 60 minutes of structured physical activity and at least 60 minutes — and up to several hours — per day of unstructured physical activity.<sup>8</sup> This can take place at one time or be divided up throughout the day in blocks of ten minutes or more. This is a great approach to physical activity for young children with short attention spans and can be used with other learning areas and during transition times. Physical activity doesn't have to take place in the form of structured activities like sports, but can come from activities such as playing on a playground or building a snowman. Try to add variety to children's physical activity routines by offering a range of activities throughout the week and encouraging different types of play.<sup>9</sup>

1 Alternative Farming Systems Information Center. "Should I Purchase Organic Foods?" U.S. Department of Agriculture. <http://www.nal.usda.gov/afsic/pubs/faq/BuyOrganicFoodsIntro.shtml>. Accessed July 1, 2010.

2 Planning Healthy Meals. Connecticut State Department of Education. [http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/Healthy\\_Meals.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/Healthy_Meals.pdf). Accessed June 15, 2010.

3 Food Labeling and Food Product Dating. Food Safety and Inspection Service. [http://www.fsis.usda.gov/factsheets/food\\_product\\_dating/index.asp](http://www.fsis.usda.gov/factsheets/food_product_dating/index.asp). Accessed June 15, 2010.

4 Serrano E, Parra D, Nickols-Richardson S. Healthy Eating For Children Ages 2 Through 5 Years Old: A Guide for Parents and Childcare Providers; <http://pubs.ext.vt.edu/348/348-150/348-150.html>. Accessed June 16, 2010. Last updated May 1, 2009.

5 3 Biggest Kid Nutrition Myths. <http://www.parenting.com/article/Baby/Recipes--Nutrition-For-Children/3-Biggest-Kid-Nutrition-Myths>. Accessed June 16, 2010.

6 Oickle D. Common Myths of Children's Nutrition. <http://www.healthunit.org/nutrition/lifecycle/toddler/commonmyths.htm>. Accessed June 16, 2010.

7 Fruits and Veggies More Matters. About The Buzz: Frozen and Canned Fruits and Vegetables vs. Fresh. [http://www.fruitsandveggiesmorematters.org/?page\\_id\\_4173](http://www.fruitsandveggiesmorematters.org/?page_id_4173). Accessed July 1, 2010.

8 National Association for Sport and Physical Education. Standards and Position Statement. [http://www.aahperd.org/naspe/standards\\_nationalGuidelines/ActiveStart.cfm](http://www.aahperd.org/naspe/standards_nationalGuidelines/ActiveStart.cfm). Accessed July 2, 2010.

9 Nemours. Best Practices for Physical Activity, 2009. <http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguidelines.pdf/>. Accessed July 1, 2010.

# Delaware Farmers' Markets

## Bethany Beach Farmers' Market

**Location:** PNC Bank (parking lot) @ Garfield Pkwy & PA Ave.; Bethany Beach, Delaware 19930

**Days & Hours of Operation:** Sundays 8 a.m. - Noon;  
May - September

**Phone:** (302) 537-5243

**Website:** [www.bethanybeachfarmersmarket.com/](http://www.bethanybeachfarmersmarket.com/)

## Carousel Park Farmers' Market

**Location:** Carousel Park Equestrian Center  
3700 Limestone Road, Wilmington, Delaware 19808

**Days & Hours of Operation:** Fridays 2 p.m. - 6 p.m.;  
June - September

**Phone:** (302) 239-5182

## Co-op Farmers' Market

**Location:** Newark Natural Foods Co-Op  
280 East Main Street, Newark, Delaware 19711

**Days & Hours of Operation:** Sundays 10 a.m. - 2 p.m.;  
May - November

**Phone:** (302) 368-5894

## Delaware State University Farmers' Market

**Location:** DSU Administration Bldg. (parking lot)  
Dover, Delaware 19901

**Days & Hours of Operation:** Saturdays 10 a.m. - 2 p.m.;  
May - September

**Phone:** (302) 857-7392

## Fenwick Island Farmers' Market

**Location:** Coastal Hwy. & E. Essex St. (vacant lot)  
Fenwick Island, Delaware 19944

**Days & Hours of Operation:** Mondays & Fridays  
8 a.m. - Noon; June - September

**Phone:** (302) 436-5589

**Website:** [www.fenwickislandfarmersmarket.com/](http://www.fenwickislandfarmersmarket.com/)

## Georgetown Farmers' Market

**Location:** Sports at the Beach  
22518 Lewes Georgetown Highway (Route 9)  
Georgetown, Delaware 19947

**Days & Hours of Operation:** Fridays 3 p.m. - 6 p.m.;  
May - September

**Phone:** (302) 249-7878

## Legislative Mall Farmers' Market

**Location:** Legislative Avenue, Dover, Delaware 19901

**Days & Hours of Operation:** Wednesdays 10 a.m.-1 p.m.;  
June - August

**Phone:** (302) 744-1011

## Historic Lewes Farmers' Market

**#1:** Lewes Historical Society Complex  
110 Shipcarpenter Street  
Lewes, Delaware 19958

**#2:** Richard A. Shields Elementary School (parking lot):  
910 Shields Avenue  
Lewes, Delaware 19958

**Days & Hours of Operation:** Saturdays 8 a.m. - Noon;  
May - October

**Phone:** (302) 644-1436

**Website:** [www.historiclewesfarmersmarket.org/](http://www.historiclewesfarmersmarket.org/)

## Downtown Milford Farmers' Market

**Location:** North Walnut Street at Riverwalk Park  
Milford, Delaware 19963

**Days & Hours of Operation:** Saturdays 9 a.m. - 1 p.m.;  
May - October

**Phone:** (302) 839-1180

**Website:**

[www.downtownmilford.org/farmers\\_market\\_vendors.html](http://www.downtownmilford.org/farmers_market_vendors.html)

## Rehoboth Beach Farmers' Market

**Location:** Grove Park, Rehoboth Beach, Delaware 19971

**Days & Hours of Operation:** Tuesdays Noon - 4 p.m.;  
May - October

**Phone:** (302) 249-7878

**Website:** [www.rbfarmersmarket.com/](http://www.rbfarmersmarket.com/)

## Western Sussex Farmers' Market

**Location:** Western Sussex Boys & Girls Club  
(parking lot), 310 Virginia Avenue  
Seaford, Delaware 19973

**Days & Hours of Operation:** Saturdays 8:30 a.m. - Noon;  
July - August

**Phone:** (302) 629-2686

## Wilmington Farmers' Market at Rodney Square

**Location:** Rodney Square, East 9th & 11th Streets  
Wilmington, Delaware 19899

**Days & Hours of Operation:** Wednesdays 10 a.m. - 2 p.m.;  
May - October

**Phone:** (302) 425-0196

**Website:** [www.downtownvisions.org/farmers-market](http://www.downtownvisions.org/farmers-market)

## Wilmington Hospital Campus Farmers' Market

Sponsored by Christiana Care

**Location:** Wilmington Hospital  
501 W. 14th Street, Wilmington, Delaware 19801

**Days & Hours of Operation:** Mondays & Thursdays  
10 a.m. - 2 p.m.; June - August

**Phone:** (302) 428-6524

This list was accurate as of August 14, 2010.

# Healthy Celebrations Guide

Holidays and celebrations are exciting and special moments in children's lives! Child care providers and families can start children's health habits off right by celebrating events in a healthy way. As children grow, they begin to learn the significance of celebrations and holidays. You can support this by teaching them that holidays are about more than food! The earlier children learn to celebrate in a healthy way, the easier it is to convince them that healthy celebrations can be fun. Older children may be more skeptical of changes to celebrations, so make changes slowly and explain to them why celebrating in a healthy way is important. Here are some suggestions for providers, staff and families on planning a fun and healthy celebration.

## General Tips for Child Care Providers and Staff

- For general classroom celebrations, create a sign-up sheet that includes only approved and healthy foods. Parents can sign up for specific contributions.
- Distribute your holiday and celebration policy prior to each event as a reminder.
- Celebrate in new ways, such as with a pajama party or “read-a-thon.”
- Limit sugar consumption by allowing only one sweet treat with other healthier options, if you allow one at all.
- Provide recipes for healthy versions of favorite foods.

## Suggestions for Healthy Celebration Foods

- Fruit smoothies (blend fresh or frozen fruit, fat-free yogurt and fat-free milk)
- Birthday kabobs (use a straw instead of a sharp stick) with any kind of fruit
- Mini-cupcakes or mini-muffins (decreasing portion size is good, too!)
- Small oatmeal cookies or whole grain fig cookies
- Prepare your child’s favorite dish (in a healthy way) and bring snack-size portions for the class
- 100% fruit juice freezer pops
- Fruit pizzas using whole grain tortillas topped with low-fat whipped cream and fruit
- Make ice cream cone cakes: fill ice cream cones with pudding (made with fat-free milk) and decorate with sprinkles
- Make-your-own pizzas using whole grain English muffins and veggie toppings

## Sample Policies for Healthy Celebrations

**Program and staff:** At [*name of center of home*], we support healthy nutrition for children during celebrations by:

- Offering healthy snacks (e.g., fruits, vegetables, smoothies, pretzels, yogurt) instead of high-fat and high-sugar snacks (e.g., cupcakes, cake, candy, soda).
- Celebrating birthdays and holidays with creative activities that promote learning and physical activity (e.g., scavenger hunts, arts and crafts projects, trips to local playground or park, etc.) instead of with food.
- Honoring children on their birthdays with special privileges (e.g., being teacher's helper, choosing activities, extra recess, etc.) instead of with food.

**Families:** Providing good nutrition for your child, even on special occasions, is a partnership. At [*name of center or home*], we ask for your support by:

- Ensuring that any foods you bring in are in compliance with DE CACFP/*Delacare* Rules.
- Acceptable foods include fruits, vegetables, 100% fruit juice, whole grain crackers and cheese, pretzels, low-fat pudding, trail mix, low-fat mini muffins, and other healthy options.
- Non-acceptable foods include cupcakes, brownies, cookies, donuts, chips, pizza, candy, soda, sports drinks, etc.

## Suggestions for Celebration Foods That Meet DE CACFP/Delacare Rules:

8 THROUGH 11 MONTHS	1 THROUGH 5 YEARS	6 THROUGH 12 YEARS
<ul style="list-style-type: none"> <li>• Puréed or soft fruits and vegetables cut into 1/4" cubes</li> <li>• Whole grain crackers</li> <li>• Shredded or cubed 1/4" natural cheese</li> <li>• Water, formula or breast milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh, frozen or canned fruits and vegetables cut into small pieces</li> <li>• Whole grain or graham crackers</li> <li>• Cheese cubes or string cheese</li> <li>• Low-fat or fat-free yogurt</li> <li>• Water or milk (following age recommendations)</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh, frozen or canned fruits and vegetables</li> <li>• Whole grain or graham crackers</li> <li>• Low-fat cheese cubes or string cheese</li> <li>• Low-fat or fat-free yogurt</li> <li>• Water, 1% (low-fat) or fat-free milk, 100% juice</li> </ul>

## Ideas for Healthy Celebrations

- Make activities, not food, the main focus of the party
- Allow children to help plan activities and a healthy menu to complement the celebration
- Serve healthy foods that are the holiday's traditional colors (e.g., serve cantaloupe, pumpernickel bread and low-fat cheddar cheese balls at a Halloween party)
- Decorate using fun holiday centerpieces made out of fruits and vegetables
- Pass out party favors that promote physical activity (e.g., jump ropes, balls or Frisbees®)
- Plan parties at locations that encourage physical activity such as a local park, pool or playground
- Plan one monthly birthday party to celebrate all the birthdays in a month instead of holding a separate celebration for each child
- Honor the birthday boy or girl with treats other than food, such as allowing them to choose or lead a game at playtime or letting them wear a special crown, sash or badge on their birthday
- Allow children to bring in items from home to share with the class on their birthdays or have children bring in something to share related to a holiday
- Let children choose a favorite book to read to the class or a favorite physical activity
- Take a field trip or walk to a fun new destination
- Host a treasure hunt around the center, playground or neighborhood

# Healthy Fundraising Guide

Fundraising is a necessary activity for many child care centers and homes to help support quality programming. Most organizations are accustomed to selling unhealthy food to raise money. But there are many other healthy, easy, fun and profitable options to choose from! If your center or home participates in fundraising, choose to support healthy choices by selling non-food items or foods that meet the DE CACFP/Delacare Rules.

## Why are junk food sales not recommended?

Child care providers and staff have a responsibility to promote and support healthy behaviors. While you may teach children about the benefits of healthy eating, and serve nutritious meals and snacks, using unhealthy foods as fundraising items sends a confusing message and makes it harder for children and families to make healthy choices.

## Will we make any money if we sell only non-food items?

Many factors will affect the profitability of your fundraiser and should be considered when deciding on the best items to sell or events to organize. Some of these include: cost of product, community involvement, time of year/weather, and the amount of effort required by the staff, families and children at your center or home. Many organizations throughout the country have moved toward “healthy” fundraising options and have maintained positive profit margins.

## Sample Policy Statements:

While creating center-level policies on fundraising isn’t always required, they do help staff and parents understand the importance of a “rule.” Consider these sample policies:

1. Our center/home chooses fundraising activities that promote non-food items and/or physical activity. We do not participate in fundraisers that involve unhealthy foods or beverages.
2. If our center/home has fundraising activities that involve food and/or beverages, we permit only foods that meet DE CACFP/Delacare Rules.

RECOMMENDED FUNDRAISERS	NOT RECOMMENDED FUNDRAISERS
<ul style="list-style-type: none"><li>• Physical activity events or competitions</li><li>• Health fairs</li><li>• Contests</li><li>• Workshops/classes</li><li>• Door-to-door sales of non-food items or food items meeting the DE CACFP/Delacare Rules</li><li>• Web sales of non-food items or food items meeting the DE CACFP/Delacare Rules</li><li>• Organization-related promotional items</li><li>• Gift cards to non-food related stores</li></ul>	<ul style="list-style-type: none"><li>• Sales of foods high in fat, sugar and calories (e.g., candy, cookies, cookie dough, donuts/pastries, cakes, cupcakes, pizza, etc.)</li></ul>

## Fundraising Ideas<sup>1</sup>

THINGS TO DO	THINGS TO SELL
<ul style="list-style-type: none"> <li>• Auction</li> <li>• Walk-a-thon, bike-a-thon or skate-a-thon</li> <li>• Family golf tournament or basketball game</li> <li>• Magic show</li> <li>• Talent show</li> <li>• Workshop/class</li> <li>• Raffle</li> <li>• Art contest</li> <li>• Car wash</li> <li>• Gift wrapping event</li> <li>• Carnival/fair (healthy items only)</li> <li>• Spelling bee</li> <li>• Treasure hunt</li> <li>• Recycle-a-thon</li> <li>• Family portraits</li> <li>• Community dance</li> <li>• Read-a-thon</li> <li>• Game show</li> <li>• Job swap</li> <li>• Penny drive</li> </ul>	<ul style="list-style-type: none"> <li>• Balloons</li> <li>• Flowers/plants/seeds/bulbs</li> <li>• Bath accessories</li> <li>• Candles</li> <li>• Sports equipment</li> <li>• Cookbooks</li> <li>• Coupon books</li> <li>• Books/calendars</li> <li>• Reusable grocery bags</li> <li>• Magazine subscriptions</li> <li>• Your time/energy</li> <li>• Gift wrap/boxes/bags</li> <li>• Stationery/cards</li> <li>• Seats at sporting events</li> <li>• Tupperware</li> <li>• Healthy foods – bottled water, fruit, spices</li> <li>• Hats/jewelry/accessories</li> <li>• Christmas ornaments/holiday decorations</li> <li>• Mugs</li> <li>• Customized apparel</li> </ul>

<sup>1</sup> Healthy Fundraising. <http://www.nojunkfood.org>. Accessed August 11, 2010.

## Helpful Websites

- **Center for Science in the Public Interest (CSPI)** *Sweet Deals: School Fundraising Can Be Healthy and Profitable*: Offers alternatives, myths and realities of using foods for fundraising. [www.cspinet.org/schoolfundraising.pdf](http://www.cspinet.org/schoolfundraising.pdf)
- **Association for International Cancer Research**: Ways to raise money using activities. <http://www.aicr.org.uk/Ideas.stm>
- **Cash Savings Cards**: Credit cards with the organization’s logo on the front and 12–15 local merchants who provide discounts for use on the back. <http://www.cashsavingscard.com/>
- **Chico Bags**: Reusable bags in all shapes and sizes available to be sold by organizations as a way to raise money and increase awareness about the importance of “going green.” <http://www.chicobag.com/>

# Websites for Healthy Recipes

American Dietetic Association: <http://www.eatright.org/Public/content.aspx?id=206>

American Institute for Cancer Research:

[http://www.aicr.org/site/PageServer?pagename\\_reduce\\_diet\\_recipes\\_test\\_kitchen](http://www.aicr.org/site/PageServer?pagename_reduce_diet_recipes_test_kitchen)

Children's Hospital of Philadelphia:

<http://www.chop.edu/service/healthy-weight-program/cookbook-of-healthy-recipes.html>

Cooking Light: <http://www.cookinglight.com/>

Eating Well: [http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_eating\\_kids](http://www.eatingwell.com/recipes_menus/collections/healthy_eating_kids)

Epicurious: <http://www.epicurious.com/recipesmenus/>

Food Network: <http://www.foodnetwork.com/healthy-eating/index.html>

Fruits & Veggies More Matters: [http://www.fruitsandveggiesmorematters.org/?page\\_id=10](http://www.fruitsandveggiesmorematters.org/?page_id=10)

Healthy Recipes for Kids: <http://www.healthy-recipes-for-kids.com/>

HHS.gov Small Steps: <http://www.smallstep.gov/eb/recipes.html>

iVillage: <http://www.ivillage.com/food>

KidsHealth from Nemours: <http://kidshealth.org/kid/recipes/index.html>

Mayo Clinic: <http://www.mayoclinic.com/health/healthy-recipes/recipeindex>

National Heart, Lung and Blood Institute:

[http://www.nhlbi.nih.gov/health/public/heart/other/ktb\\_recipebk/ktb\\_recipebk.pdf](http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf)

Parenting: <http://www.parenting.com/recipes/>

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

Spark People: <http://www.sparkrecipes.com/>

Spatula: <http://www.spatulatta.com/>

The Taste Buddies: [http://www.thetastebuddies.org/?location\\_id=212](http://www.thetastebuddies.org/?location_id=212)

U.S. Department of Health and Human Services:

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html>

USDA Recipes and Menu Planning:

[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=2&tax\\_subject=230&topic\\_id=1191](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=230&topic_id=1191)

WebMD: <http://www.webmd.com/food-recipes/guide/health-cooking-recipes>

# Posters Promoting Nutrition & Physical Activity

Posters are great for providing information and decorating a classroom or household! Check out these websites for posters that educate children on nutrition.

## Free Posters

The USDA Resource Library has more than 80 websites and companies that have posters about nutrition:  
[http://healthymeals.nal.usda.gov/schoolmeals/Resource\\_Cafe/Resource\\_SetSearch.php?Audience=&Format=&TN=0&State=&PubDate=&Language=&KW=Posters&Sortby=PubDate](http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_SetSearch.php?Audience=&Format=&TN=0&State=&PubDate=&Language=&KW=Posters&Sortby=PubDate)

The USDA's Team Nutrition has some great free posters, click on the PDF files for the samples.  
[http://snap.nal.usda.gov/foodstamp/resource\\_finder\\_details.php?id=63](http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=63)

Infinite Wellness Solutions provides free informational posters as well as motivational quotes.  
<http://www.infinitemwellnessolutions.com/esposters.html>

The Nutrition Education Store provides free posters and resources for conferences or meetings.  
<http://www.nutritioneducationstore.com/pages/poster.html>

The University of Nebraska Lincoln provides free posters with information on nutrition, food safety and even hand washing. <http://lancaster.unl.edu/food/resources.shtml#nutrition>

MyPyramid provides free posters that are organized by age group.  
[http://www.mypyramid.gov/tips\\_resources/printmaterials.html](http://www.mypyramid.gov/tips_resources/printmaterials.html)

Nutrition Explorations has great free posters for elementary-aged students.  
<http://www.nutritionexplorations.org/catalog/elementary.asp>

## Posters for Purchase

Learning Zone Express has a section of posters about nutrition for early childhood.  
<http://www.learningzonexpress.com/search.php?runsearch=true&subject=1040&audience=6&mediatype=2&x=48&y=31>

All Posters has over 60 nutrition-related posters for sale.  
[http://www.allposters.com/-st/Nutrition-Posters\\_c79654\\_.htm](http://www.allposters.com/-st/Nutrition-Posters_c79654_.htm)

The Nutrition Education store has over 65 posters about topics like basic nutrition, physical activity, and fruits and vegetables.  
<http://www.nutritioneducationstore.com/catalog/Posters-1-1.html>

Kaplan Toys has posters that come in packages of four or more, and are great educational tools.  
<http://www.kaplantoys.com/store/trans/productDetailForm.asp?CatID=0%7C0%7C0&PID=88804>

Café Press has posters with funny yet educational messages. <http://www.cafepress.com/+Nutrition+posters>

Healthychild.net provides great mini-posters and parent information about keeping children healthy. <http://www.healthychild.net/hiponhealth.html>

# Networking & Learning Opportunities for Child Care Providers & Staff

General information for child care providers is available on the Delaware Office of Child Care Licensing (OCCL) website ([http://kids.delaware.gov/occl/occl\\_providers.shtml](http://kids.delaware.gov/occl/occl_providers.shtml)). This site includes information on training opportunities and professional development, center rules and regulations, position qualification process for staff, resource centers, professional organizations, support groups and more. This handout provides additional resources and information sources of interest to child care providers.

## Food Service

- **National Food Service Management Institute:**  
Visit <http://www.nfsmi.org/Default.aspx>

## Training

- A training calendar/newsletter titled *Provider Pursuits*, which outlines training opportunities and resources for professional development, is published four times a year. *Provider Pursuits* is mailed to all licensed providers statewide. Please call the Delaware Institute for Excellence in Early Childhood at (302) 831-3239 to receive the latest issue of *Provider Pursuits*.
- **The Delaware Institute for Excellence in Early Childhood (DIEEC)** at the University of Delaware provides resources and information (including training opportunities) for those who care for, who care about, and who teach children and support their families. All professional development is also conducted through the Delaware Institute for Excellence in Early Childhood: <http://www.dieec.udel.edu/>.
- **Additional training resources:**
  - The **T.E.A.C.H. Early Childhood® Project** provides scholarships for individuals who wish to become a Child Development Associate (CDA) and for coursework leading toward an Associate Degree in Early Childhood. For more information, please visit the **Delaware Association for the Education of Young Children** website: <http://www.daeyc.org/teach.html>
  - **Training for Early Care and Education (TECE):**  
[http://www.doe.k12.de.us/infosuites/students\\_family/delfirst/files/TECE%20Desc.pdf](http://www.doe.k12.de.us/infosuites/students_family/delfirst/files/TECE%20Desc.pdf)
  - **The Center of Excellence for Training & Research Translation** at the University of North Carolina, Nutrition & Physical Activity Self-Assessment in Child Care (NAP SACC) Online Training Module: <http://www.center-trt.org/index.cfm?fa=webtraining.napsacc>

## Professional Organizations and Support Groups

- **National Association for the Education of Young Children (NAEYC):**  
Visit <http://www.naeyc.org/>
- **Delaware Association for the Education of Young Children (DAEYC):**  
Visit [www.daeyc.org](http://www.daeyc.org) or e-mail [info.daeyc@comcast.net](mailto:info.daeyc@comcast.net)
- **Nursery-Kindergarten Association of Delaware (NKAD):**  
Visit <http://www.nkad.org/> or e-mail [membership@nkad.org](mailto:membership@nkad.org)
- For more information on professional organizations and support groups, please visit the “Provider” section of the Children & Families First website:  
<http://www.familyandworkplace.org/providers/provider.welcome.asp> or call (302) 479-1676.

## Grants, Funding Sources and Additional Resources

- **Child Care Capacity-Building Grants:**  
Contact Evelyn Keating, (302) 831-6522 or Martha Buell, (302) 831-6032.
- **Delaware Technical & Community College Child Development Center:**  
Seashore Hwy, Georgetown, DE 19947, (302) 855-1649
- **University of Delaware Cooperative Extension resources for child care providers including research, key agencies and advocacy:**  
<http://ag.udel.edu/extension/fam/professionalresources/index.htm>.

For county-specific information on workshops and classes, please visit:

- New Castle County: <http://ag.udel.edu/extension/ncc/nccindex.php>
- Kent: <http://ag.udel.edu/extension/kent/index.php>
- Sussex: <http://ag.udel.edu/rec/>



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