

Partnering with Staff to Support Healthy Eating & Physical Activity

Child care professionals play a key role in the healthy development of children, both as teachers and as role models. When staff members take an active role in promoting the health, nutrition and physical activity of the children in their care, they are encouraging the healthy development that is the foundation for exploration and learning across all domains. Encourage your staff to work together to make your program even better, but remember that change is hard! Try one or two small improvements at a time so staff can see that change can be fun and easy and that a few small steps can make a big difference. Stay positive and praise each victory along the way! Here are some ideas on staff engagement:

Communication: Create a collaborative environment. Ask questions. Seek suggestions. What's working and what isn't?

- Include regular time during staff meetings where staff can discuss successes, obstacles and potential solutions.
- Host a “Town Meeting” and invite all staff, families and administrators to discuss ideas or challenges and solutions.
- Provide a suggestion box for staff who may not be comfortable speaking up in a meeting. Require that comments are constructive and include a suggested solution if a problem is noted.
- Distribute a weekly update about center happenings to all staff.

Get Involved with Menu Planning and Recipes: Creativity, new opinions and new ideas are key!

- Have staff prepare and taste-test some recipes on the menu so they are more confident in offering new foods, will enjoy them along with the children during meal time and know how to prepare them at home.
- Host a potluck where staff can sample and exchange healthy recipes and share cultural favorites with healthy adjustments.
- Engage staff in planning and implementing workshops, events or dinners to share their expertise in healthy eating with families.

Free and Existing Resources: Interactive and educational activities are great for kids to bring home to their families.

- Tell staff about existing handouts, lesson plans and activities that promote health. See the “Engaging Children” and “Resources” sections of this toolkit for ideas. Also, have staff share resources they use and like with each other.
- Involve staff in researching articles and tip sheets on areas of concern or interest to themselves or families.
- Encourage staff to write articles for your newsletter to share healthy activities and ideas from the classroom with families.

Continuing Education: Find opportunities for trainings on topics that will keep staff up-to-date.

- Make trainings fun! Host one outside on a nice evening, with child care and food provided.
- Ask staff what knowledge, resources and support they need to understand and get excited about healthy changes at your child care center or home. Hold trainings to respond to their needs or refer them to helpful resources.
- Enroll in the T.E.A.C.H. program which provides support and funding for staff to earn an Associates or Bachelors degree. See “Networking and Learning Opportunities for Child Care Providers” in the Resources section for more information.
- Have staff create workshops to share best practices with the rest of the staff.

Appreciation and Incentives: Motivate your staff so they are their happiest and most productive at work.

- Provide healthy incentives such as food, child care, a half-day of vacation time, a preferred parking spot or a free gym trial for exceeding expectations.
- Show staff you appreciate their work by hosting a session of interest to them – make sure to ask what they want (e.g., stress management, cooking, dance, self-defense, group fitness).
- Say “Thank you!” Sometimes a simple “thanks” is all a person needs to feel appreciated. Private praise is great, and public praise is even better!
- Write notes of appreciation.
- Give staff the opportunity to recognize the good work of their colleagues. This increases the number of people being recognized and supports staff unity and appreciation of one another’s efforts.
- Ask your staff what they need in order to be more effective. Then, follow through!

Advocacy and Empowerment: Encourage staff to take an active role in shaping the future of your child care center or home!

- Form a Staff Nutrition Advisory Council that reviews the menu two or three times a year, gives feedback and recommends new healthy recipes or modifications to old favorites. Do the same to promote physical activity at your center or home.
- Delegate creation or management of a resource center for families and staff to a group of interested staff members.
- Get staff involved in assessing your child care center’s or home’s policies and practices supporting child health using the Self-Assessment and Action Plan in the beginning of this toolkit. Decide as a group what needs to be improved and where to start. Create a plan, make the change, come together to discuss how it went and make improvements as needed.
- Involve staff in strategic planning.

Partnering with Families

In order for children to grow up healthy, it's important they adopt healthy habits at child care, school, home and in their community. Families are children's first and most important teachers. Repetition of healthy behaviors in multiple contexts helps those behaviors “stick” as children grow older. Because you build relationships with families over time, you are in the position of being able to engage them as partners to support healthy habits.

This section provides tips and ideas on engaging families as partners, learning more about the hopes they have for their children and getting their support for the positive changes you're making at your center or home. You can do this by utilizing their skills and opinions in the same way you do with your staff. Listening and exchanging ideas in a respectful way can help families understand that you're working *together* to help their children grow up healthy! Here are some ideas for educating and engaging families:

Constant Communication:

- Provide information in your family handbook on the importance of a strong partnership, why you value their involvement and what you can do to work together. Be sure to address nutrition policies and how to work together to adhere to them. A sample letter is provided for you in this section.
- Distribute weekly, monthly or quarterly newsletters to update families on special events, positive changes at your center or home and the subject matter their children are learning.
- Invite families to give suggestions and ask questions in any way that works for them: by e-mail, conversation at the end of the day, a comment/suggestion box or at regular “Family Feedback” meetings.
- Listen and respond to ideas and concerns in a timely manner.
- Use electronic methods such as a website, e-mail list serves, blogging or Facebook® so families can give and receive information in a quick and convenient way.
- Create a family committee, such as a PTA or Family Nutrition Board. Give them a voice in menu planning, ask for healthy recipe contributions, and get their suggestions on how to best communicate with and engage other families.

- Bulletin boards are a great activity for kids, but they can also provide families with useful information and tips, as well as updates on center activities, menus and family events.
- Seek out local newspapers or magazines to increase community awareness of your work to help children develop a healthy lifestyle.
- Encourage staff to share information and photographs of children's activities with families via e-mail or face-to-face conversations at the end of the day.
- Encourage staff to develop strong relationships with families through interactions at the beginning and/or end of the day.

Promote Family, Staff and Community Unity:

- Involve families in strategic planning.
- Extend an open invitation to families to visit their child's classroom whenever they like.
- Encourage families to form a community by volunteering or attending cooking, self-defense or fitness classes together! These groups can provide opportunities for families to both interact socially and support one another in the daily challenges of parenting.

- Host a potluck where families bring a favorite healthy dish along with the recipe. Combine and distribute the recipes in a “Family Recipe Book.”
- Organize a craft night. Present creative ideas that families can use for gardening or cooking.
- Invite families to a cooking class. Teach them ways to make foods healthy, tasty and fun!
- Invite families to join you on a walk around your community. Focus on exploring nearby places where families can be active together like parks, playgrounds and walking paths.
- Invite families to a luncheon where they get to eat the same meal as the kids in your child care center or home. Use this as an opportunity to educate families on healthy choices.
- Encourage families to come to a “Culture and Hobby Day” where they can speak about their culture, religion or hobbies that involve food, physical activity and/or health.
- Have an “Adventure Week,” where pick-up or drop-off is at a community location like a park or library to show families local resources they can visit with children.
- Work with local farmers to teach families the basics on how to start their own garden.
- Include families in relevant training: health, safety, healthy eating/physical activity, social-emotional development, etc.
- Ask families how they would like to get involved – you may discover valuable resources and advocates in the family members of the children at your center or home!

- Encourage families to show their skills and interests through workshops for adults or classroom activities for children.
- Create a family committee to identify and address continuous quality improvement targets.
- Welcome families to participate in all center or home events.

Suggestions for Family Activities at Home:

- Have kids pack a family member’s lunch. Parents/guardians may be surprised by what children choose!
- Create a scavenger hunt around the house or neighborhood: Can you find three things that make it easy to be healthy and three things that make it hard?
- Prepare healthy snacks and meals as a family. See the “Engaging Children” section for ideas on preparation tasks that include children in the process.
- Conduct simple science experiments that involve food and are edible.
- Have the whole family log each person’s daily physical activity.
- Encourage family field trips to a local orchard, park, museum or farm and link these suggestions to activities that kids have done in child care.
- Refer to the “Resources” page at the end of this section for existing handouts and ideas!

Parent Letter: Feeding Infants in Child Care

Dear Parent/Guardian,

Greetings from your child care provider, the Department of Education (DOE) and the Office of Child Care Licensing (OCCL)! You are receiving this letter because your infant is enrolled in a Delaware-licensed child care facility. All child care facilities in Delaware are required to follow nutrition guidelines which help to ensure that all children get the nutrition they need to grow up healthy.

We are working hard to ensure that children are receiving only the healthiest meals and snacks, and know you want this for your child, too. You can support this mission by carefully choosing the foods you pack for your infant. All foods eaten at child care homes and centers must follow the nutrition guidelines listed below, even if they are brought from home.

Infants – Birth through 11 months

- Juice is not allowed.
- Cheese products and cheese foods are not allowed. Only real cheese may be served.
- Processed meats (e.g., hot dogs, sausage, bologna, etc.) are not allowed.
- Fried or pre-fried and then baked meats (e.g., chicken nuggets, fish sticks) are not allowed.
- Fried or pre-fried and then baked fruits and vegetables (e.g., French fries) are not allowed.
- Cereals must contain no more than 6 grams of sugar per serving.
- A whole grain product must be served at least one time each day for infants from 8 through 11 months of age.
- Sweet grains/baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) are not allowed.
- Combination foods, a mixture of 2 or more different meal components, (e.g., turkey and rice) are not allowed. Only combinations of fruits and/or vegetables are allowed.
- Desserts, cobblers, puddings and jarred cereals with fruit are not allowed.

We know — it's a lot to think about! To make it easier to meet the guidelines when packing your infant's meals and snacks, we have provided a chart with the amounts and types of food needed for each meal/snack on the next page.

Early childhood is a critical time to teach healthy behaviors, and we are proud to partner with you to make sure that Delaware's children, including yours, grow up healthy! If you have any questions, please contact your child care provider.

Your partners in good health,



David Bowman,
Department of Education



Patricia Quinn,
Office of Child Care Licensing

DIRECTOR NAME,
CENTER NAME

Delaware CACFP/Delacare Meal Pattern— Infants of All Ages

Meal Component	Birth through 3 months	4 through 7 months	8 through 11 months
BREAKFAST – Serve the following 3 components where listed:			
1. Breast Milk or Formula	4 - 6 fl oz	4 - 8 fl oz	6 - 8 fl oz
2. Infant Cereal	None	0 - 3 Tbsp	2 - 4 Tbsp
3. Fruit or Vegetable	None	None	1 - 4 Tbsp
LUNCH or SUPPER – Serve the following 4 components where listed:			
1. Breast Milk or Formula	4 - 6 fl oz	4 - 8 fl oz	6 - 8 fl oz
2. Infant Cereal	None	0 - 3 Tbsp	2 - 4 Tbsp
3. Fruit or Vegetable	None	0 - 3 Tbsp	1 - 4 Tbsp
4. Meat or Meat Alternate			
Lean meat, poultry, fish, egg yolk, cooked beans or peas	None	None	1 - 4 Tbsp
Cheese	None	None	1/2 - 2 oz
Cottage cheese	None	None	1 - 4 oz
SNACK – Serve the following 2 components where listed:			
1. Breast Milk or Formula	4 - 6 fl oz	4 - 6 fl oz	2 - 4 fl oz
2. Grain or Bread			
Bread	None	None	0 - 1/2 slice
Crackers	None	None	0 - 2 crackers

Medical & Religious/Cultural Food Restrictions—Infants

Infant's Name: _____

Infant's Date of Birth: _____ Infant's Age: _____

Parent/Guardian's Name (*please print*): _____

Parent/Guardian Phone Number: (Home) _____

(Work) _____ (Cell) _____

Today's Date: _____ Special Diet Effective Through: _____

In order to make substitutions for foods required in the CACFP/*Delacare* infant meal pattern, the following information must be provided by a licensed medical professional. The medical professional must note, in writing, a list of the foods acceptable as substitutions.

Please check the statement below which describes your infant's dietary restriction and list the foods that may be substituted.

_____ No iron-fortified formula. Please check the desired substitution.

Non iron-fortified formula

Other: _____

_____ No iron-fortified infant cereal.

Please list cereals or foods which may be substituted: _____

_____ Other restriction (*please print*): _____

Please list foods which may be substituted: _____

Medical Professional Name (*please print*): _____

Medical Professional Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent Letter: Feeding Children in Child Care

Dear Parent/Guardian,

Greetings from your child care provider, the Department of Education (DOE) and the Office of Child Care Licensing (OCCL)! You are receiving this letter because your child is enrolled in a Delaware-licensed child care facility. All child care facilities in Delaware are required to follow nutrition guidelines which help to ensure that all children get the nutrition they need to grow up healthy.

We are working hard to ensure that children are receiving only the healthiest meals and snacks, and know you want this for your child, too! You can support this mission by carefully choosing the foods you pack for your child. All foods eaten at child care homes and centers must follow the nutrition guidelines listed below, even if they are brought from home.

Children – One year of age and older

- No more than one serving per day of 100% juice may be served to children (1 – 18 years).
- Non-100% juice (i.e. juice drink or cocktail) is not allowed. All juice must be 100% fruit/vegetable juice.
- Children 12 through 23 months of age must be served whole milk.
- Children 24 months of age and older must be served fat-free or 1% (low-fat) milk.
- Processed meats (e.g., hot dogs, sausage, bologna, etc.) may be served only one time every two weeks.
- Fried or pre-fried and then baked meats (e.g., chicken nuggets, fish sticks) are not allowed unless no more than 35% of their total calories come from fat.
- Cheese products and cheese foods are not allowed. Only real cheese may be served.
- Fried or pre-fried and then baked fruits or vegetables (e.g., French fries, tater tots) are not allowed unless no more than 35% of their total calories come from fat.
- A whole grain product must be served at least one time each day. The food label for whole grain products lists a whole grain (e.g., wheat, oats, barley, brown rice and rye) as the first ingredient. Whole grains are strongly encouraged for all meals and snacks.
- Cereals must contain no more than 6 grams of sugar per serving.
- Sweet grains/baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) may be served one time every two weeks for snack only (not for breakfast, lunch or dinner).

We know — it's a lot to think about! To make it easier to meet the guidelines listed above when packing your child's meals and snacks, we have provided a chart with the amounts and types of food needed for each meal on the next page.

Early childhood is a critical time to teach healthy behaviors, and we are proud to partner with you to make sure that Delaware's children, including yours, grow up healthy! If you have any questions, please contact your child care provider.

Your partners in good health,



David Bowman,
Department of Education



Patricia Quinn,
Office of Child Care Licensing

DIRECTOR NAME,
CENTER NAME

Delaware CACFP/Delacare Meal Pattern—Children

Meal Component	Ages 1 through 2	Ages 3 through 5	Ages 6 through 12
BREAKFAST – Serve all 3 components (meat/meat alternate is optional).			
1. Milk, fluid	1/2 cup	3/4 cup	1 cup
2. Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
3. Grain or Bread			
Bread	1/2 slice	1/2 slice	1 slice
Cereal – dry	1/4 cup	1/3 cup	3/4 cup
Cereal – hot	1/4 cup	1/4 cup	1/2 cup
4. Meat or Meat Alternate (optional)			
Lean meat, poultry or fish	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Cottage cheese	2 Tbsp	2 Tbsp	2 Tbsp
Large egg	1/2 egg	1/2 egg	1/2 egg
Peanut butter or other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts or seeds	1/2 oz	1/2 oz	1 oz
Yogurt, plain or flavored	1/4 cup	1/4 cup	1/2 cup
LUNCH or SUPPER – Serve all 5 components.			
1. Milk, fluid	1/2 cup	3/4 cup	1 cup
2. Fruit or Vegetable*	1/4 cup total	1/2 cup total	3/4 cup total
3. Fruit or Vegetable*			
4. Grain or Bread			
Bread	1/2 slice	1/2 slice	1 slice
Grain or Pasta	1/4 cup	1/4 cup	1/2 cup
Cereal – dry	1/4 cup	1/3 cup	3/4 cup
Cereal – hot	1/4 cup	1/4 cup	1/2 cup
5. Meat or Meat Alternate			
Lean meat, poultry or fish	1 oz	1-1/2 oz	2 oz
Cheese	1 oz	1-1/2 oz	2 oz
Cottage cheese	1/4 cup	3/8 cup	1/2 cup
Large egg	1/2 egg	3/4 egg	1 egg
Cooked dry beans/peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or other nut/seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Nuts or seeds	1/2 oz	3/4 oz	1 oz
Yogurt, plain or flavored	1/2 cup	3/4 cup	1 cup
SNACK – Select 2 of the 4 components.			
1. Milk, fluid	1/2 cup	1/2 cup	1 cup
2. Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup
3. Grain or Bread			
Bread	1/2 slice	1/2 slice	1 slice
Grain or pasta	1/4 cup	1/4 cup	1/2 cup
Cereal – dry	1/4 cup	1/3 cup	3/4 cup
Cereal – hot	1/4 cup	1/4 cup	1/2 cup
4. Meat or Meat Alternate			
Lean meat, poultry, or fish	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Cottage cheese	2 Tbsp	2 Tbsp	2 Tbsp
Large egg	1/2 egg	1/2 egg	1/2 egg
Cooked dry beans/peas	1/8 cup or 2 Tbsp	1/8 cup or 2 Tbsp	1/4 cup or 4 Tbsp
Peanut butter or other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts or seeds	1/2 oz	1/2 oz	1 oz
Yogurt, plain or flavored	1/4 cup	1/4 cup	1/2 cup

*Serve 2 or more separate and identifiable fruit/vegetable dishes

Medical & Religious/Cultural Food Restrictions — Children & Adults

Participant's Name: _____

Participant's Date of Birth: _____ Participant's Age: _____

Emergency Contact Information:

Name: _____ Relation to Participant: _____

(Home) _____ (Work) _____ (Cell) _____

1. Food Allergy(ies) Yes No

Please check all that apply: wheat peanuts tree nut milk fish eggs

shellfish soy other (please list): _____

Please list recommended substitutions for foods listed above: _____

Must this food(s) be avoided in all forms and/or even in small amounts? _____

Please describe the participant's typical allergic reaction: _____

What actions should we take in the case of an allergic reaction? _____

2. Dietary Restrictions (including those for medical, religious, cultural or other reasons) Yes No

If yes, what is the nature of the restriction? Medical Religious/Cultural

If yes, please list the restricted foods: _____

Please list substitutions for foods listed above: _____

Must this food be avoided in all forms and/or even in small amounts? _____

Medical Professional Name (please print): _____

Medical Professional Signature: _____ Date: _____

Parent/Guardian Signature (child care only): _____ Date: _____

Dear Parent(s)/Guardian(s),

To support your child in making healthy eating choices, we are teaching him/her about where food comes from, how it is prepared, and encouraging him/her to try new foods.

Today your child:

Learned something new about a food. It was: _____

Participated in preparing food for a meal or snack by: _____

Tasted a new food. It was: _____

You can reinforce these lessons at home by asking your child what he/she learned and how you can make healthy choices as a family; letting him/her help in meal preparation and pick out new fruits and vegetables to try as a family. Remember it may take anywhere from 5 to 20 tries of one food before your child decides to eat it! Encourage your child to participate in meal planning and preparation to help him/her develop healthy habits that will last a lifetime.

You child care provider, _____

Dear Parent(s)/Guardian(s),

All child care providers must follow certain rules related to the food we serve, even if it is sent from home. Because the _____ you provided does not meet the rule checked below, it was not served and we are sending it home with your child/infant.

Only 100% fruit juice may be served. It may only be served once a day and only to children 2 years and older. Infants may not be served juice.

Children ages 12 through 23 months must be served whole milk; children ages 2 years and older must be served 1% (low-fat) or fat-free milk.

Cereals may contain no more than 6 grams of sugar per serving.

A whole grain must be served at least once per day.

Only real cheese may be served; no cheese food or cheese product.

Processed meats (e.g., hot dogs, bologna) may only be served once every 2 weeks to children. They may not be served to infants.

Fried or pre-fried and then baked meats/meat alternates and fruits/vegetables (e.g., chicken fingers, fish sticks, French fries, tater tots) may not be served unless no more than 35% of their total calories are from fat. They may not be served to infants at all.

Combination foods such as infant dinners (e.g., turkey and rice), desserts, puddings, cobblers and jarred cereals with fruit may not be served to infants.

In the future, please do not include this/these item(s) in your child's meal or snack for child care. Please let me know if you have questions about foods that meet the rules. Thank you!

Your Child Care Provider, _____

Partnering with Your Community

Communities play an important part in supporting children in eating healthy foods and maintaining an active lifestyle. In order for children to make healthy choices, they have to have access to places where they can eat healthy foods and run and play. Community members and businesses can model positive behaviors and practices, and support your efforts financially or through access to other resources. Children are heavily influenced by the communities they live in, so demonstrating that it's easy to make healthy choices in their neighborhood is important in creating and maintaining lifelong good habits.

Ideas for Partnering with Your Community:

- Participate in a community garden.
- Work with local parks, recreation centers and museums to negotiate reduced admission and special offerings for child care centers or homes.
- Bring in members of the community as special guests to talk about and engage children in healthy eating and physical activity. Consider athletes, coaches, chefs and restaurateurs.
- Have families participate in a local one-mile fun run, walk or bike. Encourage families to walk with kids ages four and older and to put their smallest members in a stroller or carrying pack. You can organize your own race for parents, friends and the community at large using ideas from the USDA Team Nutrition resource listed at the end of this section.
- Hold a *Food Guide Pyramid Food Drive* and donate items to a local food bank. Hold a sneaker drive and donate shoes collected.
- Organize a soccer, volleyball or kickball tournament with other child care centers or homes, or community centers.
- Attend special community events (such as those organized by The Latin American Community Center or Chinese Community Center) to learn how other cultures stay physically active through dancing, sports, etc.
- Work with parents and community organizations to revive local parks, athletic fields and courts to create safe places for children and families to play.
- Collaborate with your local school on a “Safe Routes to School” project. State funding is available to make neighborhood streets and sidewalks safe for walking and biking.
- Work with community organizations to clean up an abandoned lot and create a small park. Increasing green space in cities, even in small places, decreases stress and depression in those who see, visit or live in the area. Small neighborhood parks are also great places for family activities, quiet reading spots and community gardens.
- Start a farmers’ market or invite an existing market to visit your community one day a week.
- Talk to neighborhood restaurant owners about offering healthier choices on their menus, for kids and for adults.
- Raise support for a grocery store to open in your neighborhood, or for your local corner stores to carry fresh produce, whole grain products and other healthy options.

Resources for Partnering with Staff, Families & Your Community

Staff & Families

- **Parent/caregiver education sessions:**

- *Food for Thought: Eating Well on a Budget* is a bilingual multimedia program designed to help support families who have children between the ages of 2 and 8 and are coping with uncertain or limited access to affordable and nutritious food. Created by Sesame Workshop.
<http://www.sesamestreet.org/parents/food>

- **Handouts and newsletters:**

- <http://www.mypyramid.gov/>
- <http://www.nutritionexplorations.org/educators/classroom-connections-handouts.asp>
- <http://foodandhealth.com/handout.php>
- California Childcare Health Program parent tip sheets:
<http://www.ucsfchildcarehealth.org/html/pandr/factsheetsmain.htm>

- **Ways to involve staff and parents/guardians in nutrition and physical activity of preschoolers:**

- No Child Left Inside: <http://ncli.delawaregreenways.org>
- Samples of family physical activity logs:
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/activity-log.pdf>
- MyPyramid kitchen activities for kids:
<http://www.mypyramid.gov/preschoolers/HealthyHabits/PickyEaters/kitchenactivities.html>
- MyPyramid behavioral milestones for healthy habits
<http://www.mypyramid.gov/preschoolers/HealthyHabits/Milestones.pdf>
- Interactive nutrition tools and tips for parents and health educators to use in promoting healthy living for the whole family: <http://www.nourishinteractive.com/>

- **Classroom ideas:**

- Bulletin board ideas: http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=526&level3_id=0&level4_id=0&level5_id=0&topic_id=2107&&placement_default=0
- Fun science experiments about nutrition: <http://tlc.howstuffworks.com/family/science-projects-for-kids-nutrition-and-health.htm>
- Nutrition calendar for year-round ideas on food and activities:
<http://www.fns.usda.gov/tn/Resources/Calendar/index.htm>

- **Food service:**

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

- **Other resource sites:**

- Healthy Child Care America: A program of the American Academy of Pediatrics which works to improve the early education, health and safety of children in out of home child care.

- www.healthychildcare.org

- The USDA Team Nutrition *Resource Library*: <http://teammnutrition.usda.gov/library.html>

- *Family Resources* provided by the USDA: http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=257&topic_id=1353&level3_id=5799&level4_id=0&level5_id=0&placement_default=0

- *Family Guide to Healthy Eating*: <http://www.nutritionexplorations.org/parents/main.asp>

- Reading is Fundamental: <http://www.rif.org/us/index.htm>

- See handout titled “Networking and Learning Opportunities” in the “Resources” section for information about engaging staff through professional development and social support.

Community

- **Delaware community events:**

- Local races (walking/running): <http://www.races2run.com/>

- Events and activities at Delaware State Parks: <http://www.destateparks.com/>

- **Ideas for community events/projects:**

- Delaware Department of Transportation (DelDOT) “Safe Routes to School” project: http://www.deldot.gov/information/community_programs_and_services/srts/

- USDA Team Nutrition resource guide for events and activities that involve the whole community: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/activity-log.pdf>

- Delaware Nature Society Field Trip programs: http://www.delawarenaturesociety.org/pub_groups.html

- Sustainable clean-up and redevelopment projects: <http://www.epa.gov/reg3hwmd/bf-lr/sustainableuse.htm>

- Community/schol gardens: <http://www.dhhs.nh.gov/dphs/nhp/documents/communityschoolgardens.pdf>

- How to bring a grocery store to your community: http://www.policylink.org/site/c.1kIXLbMNJrE/b.5137411/k.C510/Develop_New_Stores.htm#4

- **Delaware community resources:**

- Delaware Food Bank: <http://www.fbd.org/>

- Delaware Department of Agriculture: <http://dda.delaware.gov/>