

Additional Preschool Nutrition and Physical Activity Resources (web pages)

MyPlate for Preschoolers has specific nutrition and physical activity recommendations for preschool age children. The USDA also provides tips on role modeling and encouraging healthy behaviors for young children. www.choosemyplate.gov/preschoolers.

Fruits and Veggies More Matters Get Kids Involved provides suggestions on how to help kids cook in the kitchen. www.fruitsandveggiesmorematters.org

American Dietetic Association suggests ways for preschoolers and adults to eat properly and be healthy. The ADA has also recently issued a position paper outlining recommended nutrition benchmarks for child care programs. www.eatright.org

Centers for Disease Control and Prevention lists nutrition resources for developing a healthy lifestyle. www.cdc.gov/nutrition

Food and Nutrition Information Center has information about general nutrition. www.fnic.nal.usda.gov/

Let's Move provides information on the importance of physical activity and healthy eating in young people. Also has action steps to improve the health of your school and your community. www.letsmove.gov/

International Food Information Council is a nutrition and food safety resource. www.foodinsight.org/

National Network for Child Care is an Internet source of publications and resources related to child care. www.nncc.org/

Food Safety.Gov is a gateway to food safety information provided by United States government agencies. www.foodsafety.gov/

Keystone Kids Go! has nutrition and physical activity resources for child care providers and will have Pennsylvania-specific NAPSACC information and documents www.panen.org/keystone-kids-go