What is the handbook?

It is a series of tip sheets to help child care providers meet current wellness recommendations* for children ages 2 through 5 years old. By using the tip sheets when planning meals and activities for children, providers can incorporate key recommendations and best practices into their menus and daily schedules.

How can the handbook help child care providers?

- Ideas for meal planning, shopping, and food preparation
- Tips for creative menus
- Hints for meeting meal pattern requirements
- Practices in serving food safely
- Activities for hands-on learning
- Suggestions for active play
- Success stories from providers
- Links to additional resources

Where can I find the handbook?


Available Now!

Handbook topics include:

- Build a Healthy Plate With:
  - Fruits
  - Vegetables
  - Dry Beans and Peas
  - Protein
  - Whole Grains
  - Milk
  - Less Salt and Sodium
  - Options Low in Solid Fats
  - Less Added Sugars
- Make Water Available
- Practice Food Safety
- Promote Active Play
- Limit Screen Time
- Practice Choking Prevention
- Handle Food Allergies