

RESOURCES

LetsMove!.gov A new initiative through Let's Move to work with child care providers and parents to help get our youngest children off to the healthiest start.

- <http://chfs.ky.gov/dcbs/cc/Information+for+Providers.htm> (PROVIDER INFO)
- <http://www.foodsafety.gov/index.html> (RECALLS)
- <http://www.4cforkids.org/> (4-C FOOD PROGRAM and Training Information)
- <http://recipefinder.nal.usda.gov> RECIPE FINDER- SNAP
- <http://www.nwlc.org/our-issues/a-women%27s-agenda/voter-education> (REGISTER TO VOTE)
- Ways to Enhance Children's Activity and Nutrition (We Can!) provides helpful information and dozens of valuable resources, including tips, worksheets, and tools, all designed to help parents, caregivers, and families stay healthy.
- <http://www.colormehealthy.com/> Get some great ideas and materials to help preschoolers get involved and excited about eating healthy.
- <http://www.napsacc.org/> Nutrition and Physical Activity Self Assessment for Child Care program - an intervention in child care centers aimed at improving the nutrition and physical activity environment, policies and practices through self-assessment and targeted technical assistance. Lets Move!
- America's Move to Raise a Healthier Generation of Kids - We need to get moving. Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.
- www.Mypyramid.gov - US Department of Agriculture
- www.Mypyramid.gov/preschoolers/index.html - Create a "Pyramid Plan" for kids 2- to 5-years-old, gives tips for helping children eat healthy, try new foods, be active, and get involved with making their own food
- ADHS Bureau of Nutrition and Physical Activity - For information about WIC, Arizona Nutrition Network, Breastfeeding Education, Folic Acid Program, and Farmer's Markets in Arizona
- www.Fruitsandveggiesmorematters.org - Healthy Meal Planning Tips, Nutrition Information, Recipes, Getting Kids Involved, Videos, and Activities
- www.Eatwellbewell.org - The Arizona Nutrition Network's Web site, Champions for Change, Games, Videos, Activities, and more for kids, parents and providers
- Nat'l Association for Sport and Education - Guidelines for getting kids active at any age, teaching tools, and other regulations to properly maintain a physical activity schedule for children at all ages
- Physical Activity Guidelines for Americans
- ADHS Physical Activity Resources - for even more resources related to Physical Activity, part of the Bureau of Nutrition and Physical Activity within the Arizona Department of Health Services
- Healthy Child Care America - The Academy of Pediatrics, information related to health for child care providers, especially SIDS risk reduction/infant safe sleeping
- National Resource Center for Health & Safety in Child Care and Early Education