



## Nourishing Preschoolers Resources

1. **Nemours *Best Practices for Healthy Eating Guide***. Content includes information on the CACFP meal pattern, portion sizes, family style dining, menu planning and meal preparation, developing policies to support healthy eating, and family tip sheets and daily communication forms. The booklet is available to download in English and Spanish. <https://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf>
2. ***Nourishing Healthy Eaters in Early Childhood Education Online Module***. The first module of the *Nourishing Healthy Eaters* series challenges participants to consider their personal food stories and current behaviors and to deepen their understanding of food choices and nutrients. Participants then reflect on the role of nutrition and feeding across early childhood developmental domains. <https://healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/resources/nourishing-healthy-eaters/>
3. **Nutrition Curricula**. Early childhood nutrition curricula can support teachers in introducing nutrition concepts and fun learning activities around food. *Grow It, Try It, Like It: Preschool Fun with Fruits and Vegetables* is free to download. Programs participating in CACFP can request a printed copy. <https://www.fns.usda.gov/tn/grow-it>
4. **Family Style Dining Guide**. This 46-page booklet is a step-by-step approach in preparing children, adults, families, and the program to implement FSD. <https://d3knp61p33sjvn.cloudfront.net/2016/02/FamilyStyleDiningToolkit.pdf>
5. **Taste Test Guide**. A taste test is an activity that introduces children to foods and beverages they may not have tried before. This 4-page guide includes food safety reminders. <https://static1.squarespace.com/static/5913265f86e6c06cfc83eb8d/t/5b327d0e70a6adc4082d84ad/1530035509839/F2PSTasteTestGuide.pdf>
6. **Recipes**. The Child Nutrition Recipe Box provides program operators with recipes to prepare healthy and delicious meals that meet the CACFP meal pattern requirements. <https://theicn.org/icn-resources-a-z/usda-standardized-recipes>
7. **Sensory Activities**. A short summary of ideas using all 5 senses to learn about foods. <http://bkc-od-media.vmhost.psu.edu/documents/Lunches1406.pdf>