February, 2013 Topics

New USDA Handbook on Nutrition for Child Care

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New USDA Handbook on Nutrition for Child Care

By Susan Nitzke

The US Department of Agriculture and the Department of Health and Human Services cooperated to develop a new Provider Handbook for Nutrition & Wellness Tips for Young Children the Child and Adult Care Food Program (http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html). This new handbook contains tip sheets on nutrition, active play, and screen time for children ages 2 to 6 years old. This resource complements existing resources such as the Healthy Bites Wisconsin guide for improving child nutrition (http://www.dhs.wisconsin.gov/health/physicalactivity/sites/Community/Childcare/HealthyBites_Sept8.pdf), the Rethinking Nutrition: Connecting Research and Practice in Early Childhood Settings book by 4 authors including Extension Specialists Susan Nitzke and Dave Riley, and new Rethinking Nutrition training resources for early childhood programs by UW-Madison graduate student Anne Samuelson, Dave Riley, Jenny Wehmeier, and a team of educators and topic experts (http://blogs.ces.uwex.edu/ece-nutrition/).
NCCOR Has Useful and Timely Resources on Childhood Obesity

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The National Collaborative on Childhood Obesity Research (NCCOR) is a partnership project supported by the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), the Robert Wood Johnson Foundation (RWJF), and the U.S. Department of Agriculture (USDA) to address the problem of childhood obesity in America. Resources include a newsletter, a blog, survey data summaries, and evaluation materials. To learn more and sign up for NCCOR’s newsletter, see http://nccor.org/index.php.
Resources added to the FLP resource database


Beans flip chart, [https://www.uwex.edu/ces/flp/apps/flrc/tch_res2/resourceDetails.cfm?rid=10057](https://www.uwex.edu/ces/flp/apps/flrc/tch_res2/resourceDetails.cfm?rid=10057)

New recommended resource at [www.eXtension.org](http://www.eXtension.org)

Several new YouTube videos focused on feeding young children have been added to the Families, Food and Fitness section of eXtension. The video focused on the Division of Responsibility is particularly good, [http://www.youtube.com/watch?v=YEUjdweQEBQ&feature=g-upl](http://www.youtube.com/watch?v=YEUjdweQEBQ&feature=g-upl).