

CACFP Child Care Providers and Parents Resource List Links:

USDA

CACFP Program Overview: [Child and Adult Care Food Program | Food and Nutrition Service](#)

CACFP Crediting Handbook: [Crediting Handbook for CACFP | Food and Nutrition Service](#)

Nutrition

Team Nutrition Resources: [Team Nutrition | Food and Nutrition Service](#)

MyPlate Life Stages: [MyPlate.gov | Nutrition Information for Life Stages](#)

MyPlate Tip Sheets: [MyPlate.gov | MyPlate Tip Sheets](#)

MyPlate Kitchen: [MyPlate.gov | MyPlate Kitchen](#)

Nibbles for Health: Nutrition Newsletter: [Nibbles for Health: Nutrition Newsletters for Parents of Young Children | Food and Nutrition Service](#)

Food Hero Nutrition Newsletter: [Food Hero | Where Healthy Food is Fun, Fast, Tasty and Fits Your Budget](#)

Nutrition Information for Families: [MyPlate.gov | Nutrition Information for Families](#)

Tips for Picky Eaters: [Tips to Help Your Picky Eater | Nutrition | CDC](#)

Rethink Your Drink: [Rethink Your Drink | Healthy Weight and Growth | CDC](#)

Food and Drinks to Encourage: [Foods and Drinks to Encourage | Infant and Toddler Nutrition | CDC](#)

Mealtime Memo Newsletter: [Mealtime Memo – Institute of Child Nutrition](#)

Dietary Guidelines for Americans Resources: [Consumer Resources | Dietary Guidelines for Americans](#)

Physical Activity

Healthy Kids, Healthy Future: [Resources | Healthy Kids, Healthy Future](#)

Active Play Books by Dr. Craft: [View DVD Samples - Active Play Books | Active Play Books](#)

Jump IN for Healthy Kids: [7 More Resources for Physical Activity in Child Care | Jump IN for Healthy Kids](#)

CATCH Early Childhood: [Manage Nutrition and Physical Activity | Early Care and Education Portal | CDC](#)

Breastfeeding

Breastfeeding support: [Supporting Breastfeeding Families in Early Care and Education \(ECE\) Programs](#)

WIC Breastfeeding support: [Homepage | WIC Breastfeeding Support](#)

La Leche League: [La Leche League International - Breastfeeding Support](#)

Feeding Infants:

Feeding Infants: [Feeding Infants in the Child and Adult Care Food Program | Food and Nutrition Service](#)

Feeding Infants: [Guidelines for Feeding Healthy Infants](#)

Choking Hazards: [Choking Hazards | Infant and Toddler Nutrition | CDC](#)

Feeding Toddlers:

Feeding Toddlers: [FeedingYourToddler.pdf](#)

Recipes:

MyPlate Recipes: [Recipes | MyPlate](#)

Team Nutrition Recipes: [Team Nutrition Recipes | Food and Nutrition Service](#)

Child Nutrition Recipe Box: [Child Nutrition Recipe Box – USDA Standardized Recipes](#)

USDA Standardized Recipes: [CACFP Recipes for Child Care Homes and Adult Day Care | Food and Nutrition Service](#)

Let's Make a Snack [Let's Make a Snack! | Food and Nutrition Service \(usda.gov\)](#)

Multicultural Child Care Recipes [Multicultural Child Care Recipes | Food and Nutrition Service \(usda.gov\)](#)

Kids Cookbook: [KidsCookCookboo.pdf](#) – English [KidsCookCookbookSp.pdf](#) - Spanish

Farm to CACFP:

Farm to CACFP: [Farm to CACFP | Food and Nutrition Service](#)

Grow It, Try It, Like It!: [Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care | Food and Nutrition Service](#)

Food Safety:

Food Safety Rules and Regulations in Washington State: [Food Safety Rules and Regulations | Washington State Department of Health](#)

Food Worker Card in Washington State: [Food Worker Card | Washington State Department of Health](#)

Food Recalls and Safety Alerts: [Food Recalls and Safety Alerts | Washington State Department of Health](#)

Fight BAC: [Fight Bac! Fight Foodborne Bacteria, Four Simple Steps to Food Safety](#)

Institute of Child Nutrition Food Safety Resources: [Food Safety Resources – Institute of Child Nutrition](#)

Food Allergy

Food Allergy Stages Handouts: [Food Allergy Stages Handouts](#)

Food Allergy Research and Education Resources: [Resources - Food Allergy Safety | FARE](#)

Food Allergies: [Food Allergies | FDA](#)

The Food Allergy Book: [The Food Allergy Book | Food and Nutrition Service](#)

Food Allergies: [Food Allergies | Food and Nutrition Service](#)

Managing Health Conditions in Schools: [Food Allergies in Schools | Managing Health Conditions in School | CDC](#)