

EATING FOR THE HEALTH OF IT!

Food Program Training 2013



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RESOURCES

- www.pbs.org – Search for children and physical activity
- www.aahperd.org – Physical activity recommendations for children 5 – 12.
- www.chooseMyPlate.gov – Information based on the 2010 Dietary Guidelines for Americans
- www.fruitsandveggiesmorematters.org – Ideas for increasing your family’s fruit and vegetable consumption
- www.healthykidshealthyfuture.org – Let’s Move Child Care site includes recommendations for foods, physical activity and reducing screen time
- www.supertracker.usda.gov – Online tool to help you track your meals and physical activity



USDA Child and Adult Care Food Program Sponsor
P.O. Box 390813, Minneapolis, MN 55439-0813
952-944-7010; Toll free 800-356-5983
www.providerschoice.com
e-mail: provider@providerschoice.com

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