

Nutrition Resources

My Plate Plan - <https://www.myplate.gov/myplate-plan>

Eating Healthy for Preschoolers - <https://www.myplate.gov/tip-sheet/healthy-eating-preschoolers>

Healthy Tips for Picky Eaters - https://myplate-prod.azureedge.net/sites/default/files/2020-12/HealthyTipsforPickyEaters_031418_508.pdf

Feeding Your Preschooler - <https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/default.aspx>

Kitchen Helper Activities - <https://myplate-prod.azureedge.net/sites/default/files/2020-12/KitchenHelperActivities%202-5%20yo.pdf>

Phrases that Help and Hinder Eating Behavior - <https://myplate-prod.azureedge.net/sites/default/files/2020-12/PhrasesThatHelpAndHinder.pdf>

Menu Calendar Templates - <https://squaremeals.org/Programs/ChildandAdultCareFoodProgram/Resources.aspx>

Child Nutrition Recipe Box - <https://theicn.org/cnrb/>

Food Allergy Fact Sheets - <https://theicn.org/icn-resources-a-z/child-care-center-food-allergy-fact-sheets>

Team Nutrition - <https://www.fns.usda.gov/tn>