

Child Care Materials 2004-05

**National Food Service
Management Institute**
The University of Mississippi



Child Care Materials

The National Food Service Management Institute (NFSMI) is the resource center for education and research for federally funded Child Nutrition Programs. This list contains educational materials, videos, and other resources of special interest to Child and Adult Care Food Program (CACFP) participants.

Many materials may be accessed and downloaded from NFSMI's Web site. Look for the symbol WWW to identify availability on the Web. Materials may be ordered using the form in this brochure. A complete NFSMI Resource Guide may be accessed on the Web or requested by phone. For more information, call 800-321-3054 or visit NFSMI's Web site at www.nfsmi.org.

Basics at a Glance Poster

Colorful 17" x 22" poster from *Measuring Success with Standardized Recipes* includes recipe abbreviations, equivalent volumes and weights, scoop sizes, pan size/capacity chart, cutting diagrams for portioning, and metric equivalents. WWW

Revised 2002.....Item # EX60-02A..... \$3.00

Building for the Future Magnet

4" x 6" magnet for participants in CACFP includes ten daily reminder tips. Also available in Spanish. Poster referenced on magnet is available on WWW. Published 2001...Item # FNS-324..... \$0.35
Spanish version...Item # FNS-324(S)..... \$0.35

CACFP Training Resource Checklist

Two-page training resource checklist designed to assist CACFP professionals in making an informed decision regarding the appropriateness of a training resource for use in CACFP. Published 2003..... WWW only

CARE Connection

Series of 10 videotape lessons and 48 printed lessons (CARE Connections) for CACFP sponsors to use in training caregivers in child care homes and centers. Provides information about the CACFP, meal patterns, menu planning, food preparation, sanitation and food safety, and nutrition education. Printed materials include information for sponsors and caregivers, parent leaflets, children's activities, and instructor guide. Videotapes average 16 minutes each. Developed with funding from 7 states. WWW
Published 1997.....Item # EX26-97..... \$50.50

Child Care Mini-posters

Ten colorful 8½" x 11" laminated mini-posters for use in child care centers. Printed in English on one side and Spanish on one side. Topics include hand washing; meat, poultry, and fish safety; cross contamination; grocery shopping tips; safe handling of baby food; breast milk; bottle feeding; diaper changing tips; and safe temperature for foods. WWW
Published 2001.....Item # ET29-01..... \$3.00

Child Care Recipes: Food for Health and Fun

Collection of 141 recipes for child care from USDA. Many provide directions for one or more variations. Each recipe contributes to a reimbursable meal served to children in the CACFP. Written for 25 and 50 servings, the recipes include old favorites and popular new dishes. WWW
Published 1999.....Item # FNS-304..... \$43.00

Child Care Tips Poster

Colorful 17" x 22" laminated poster for use in child care homes and centers. Printed in English on one side and Spanish on one side. Topics include hand washing; meat, poultry, and fish safety; cross contamination; grocery shopping; baby food; breast milk; bottle feeding; and diaper changing. Self-adhesive magnets included. WWW
Published 2001.....Item # ET28-01..... \$2.00

Connecticut Cooks for Kids

Compilation of 130 recipes from Connecticut child care providers who participate in the CACFP. Recipes were kitchen tested by University of Connecticut students. Each recipe includes a detailed nutrient analysis per serving and the contribution that a serving makes to the CACFP meal pattern. Recipe yields range from 1 to 100 servings. 181 pages. Published 1996.....Item # EX46-99..... \$10.50

Feeding Children Well, A Pyramid for Preschoolers

17-minute videotape for child care providers and parents focuses on the food groups in the Food Guide Pyramid. Addresses the developmental and emotional aspects of feeding preschoolers, the often negative impact of television, and the role of parents as role models. Developed by the Texas Nutrition Education and Training Programs.

Published 1996.....Item # EX23-96..... \$4.00
Spanish Videotape.....Item # EX23-96(S)..... \$4.00

Five a Day, Let's Eat and Play: A Nutrition Education Program for Preschool Children

Ten-lesson program provides interactive learning activities for preschool children ages 3-5 to increase awareness about and intake of fruits and vegetables through positive, playful experiences. Lessons include songs, stories, games, and activities. Developed by the Florida Department of Education.

Published 1998.....Item # EX41-99..... \$18.00

Food & Me: Teacher's Kit for Grades Pre K-K

Activity-based program to build skills and motivate children to make healthy eating choices. Assists in teaching the basics of healthy eating in a lively way to engage students. Takes the message beyond the classroom to the school cafeteria and into students' homes. Includes teacher's guide, teacher's handbook, resource materials, 30 student picture booklets, audio tape, take-home family newsletter, and reproducible worksheets.

Published 1995.....Item # EX38-99..... \$23.75

Food, Family and Fun: A Seasonal Guide to Healthy Eating

Recipe book helps provide healthful, affordable meals at home and answers children's questions about food and health in fun and entertaining ways. Recipe yields range from 1 to 24 servings. 122 pages. Published 1998.....Item # FCS-298..... \$8.75

Food Guide Pyramid for Young Children: A Daily Guide for 2- to 6-Year-Olds

8½" x 11" leaflet shows Food Guide Pyramid for Young Children in full color. Includes copy-ready charts to record what a child eats over a week and compare to Food Guide Pyramid. WWW
Published 1999.....Item # PA1649..... \$5.55

Food Guide Pyramid for Young Children Poster

Colorful 27" x 34" poster provides a daily food guide for children ages 2-6 and teaches what they should eat to help them grow healthy and strong. Features a serving size chart. WWW
Published 1999.....Item # PA1648..... \$6.55

Food Safety for Summer Food Service Programs

Designed to help staff and volunteers of Summer Food Service Programs learn ways to provide safe foods and teach children basic food safety practices. Three lessons with handouts and Food Safety Mini-Posters reflect an abbreviated version of *Serving It Safe, 2nd Edition*. CD-ROM includes electronic version of printed materials. WWW
Published 2003.....Item # ET42-03..... \$17.00

From the Trainer's Tablet: Lessons for Family/Home Child Care Providers

Lesson plans developed for child care providers to train staff on providing nutritious meals for young children. Topics include:

- Cost-Effective Shopping
- Family-Style Meals
- Food Intolerance and Allergies
- Food Safety in Child Care
- Food Safety at the Grocery Store
- Grains and Breads - What is a Serving?
- Infants: Understanding the Feeding Relationship
- Infants: Understanding Growth and Development

Each lesson includes a purpose, objective, timed outline, PowerPoint slides that may be printed as transparencies, activities, handouts, pretest, and posttest.

Published 2003..... WWW only

Getting a Head Start with 5 A Day Fun Kit!

Activities, materials, and resources designed to encourage young children and their families to eat more fruits and vegetables. Includes a two-part 60-minute videotape for preschool staff and teacher training. Developed by the Montana Department of Public Health and Human Services.

Published 1996.....Item # EX28-97..... \$30.25

Go, Glow, Grow: Foods for You

Colorful, interactive nutrition activity booklet for children 3 to 4 years old. Focuses on the Food Guide Pyramid and eating a variety of foods. Parents, teachers, and caretakers can use it to introduce or reinforce nutrition messages for children. 22 pages. WWW (Spanish version only)
Published 1996.....Item # FCS-1554..... \$1.00
Spanish Version.....Item # FCS-1554(S)..... \$1.00

Happy Mealtimes for Healthy Kids

Two comprehensive training modules designed to teach child care staff best practices when feeding children. Includes a 3-stage evaluation, handouts for parents, interactive activities for use with staff, training script, and PowerPoint slides. WWW

Published 2003.....Item # ET-03..... \$16.50

Identification of Available Training Resources Appropriate for Family Day Care Home Providers

Report describing a research study designed to provide a list of current training resources that are available to train Family Day Care Home (FDCH) providers, identify obvious gaps in training resources, and provide information that training coordinators can use to appropriately plan for training that meets the needs of FDCH providers. Includes CACFP Training Resource Checklist, also available separately. 21 pages. Published 2003..... WWW only

Management Issues Impacting Family Day Care Homes Operating Within the Child and Adult Care Food Program Guidelines: A Review of Literature

Examines the available child care literature as it relates to management issues and concerns impacting Family Day Care Homes operating within the CACFP framework. Identifies issues that relate and support the well-being of children served in the program and makes recommendations for further research and training to address these issues. 17 pages. Published 2003..... WWW only

Mealtime Memo for Child Care

Two-page fact sheet for the CACFP published six times per year covers a wide variety of topics related to child care. Menus, recipes, and activities are often featured. Also available in Spanish..... WWW

More Than Mud Pies

Fifty-nine lessons organized by season provide opportunities for children ages 3-5 to learn about how foods grow, food preparation, and nutrition. Includes list of books to read, songs to sing, videos, and references.

Revised 2004.....Item # ET48-04..... Call for price

NFSMI Insight – Job Duties, Competencies, Knowledge, and Skills of Sponsor Monitors of Family Day Care Homes Participating in the Child and Adult Care Food Program

Reviews the NFSMI research study to identify job duties, competencies, knowledge, and skills of sponsor monitors. Provides sample job description of sponsor monitors and reviews training needs. WWW
Published 2002.....Item # R118-02..... \$0.50



