

## Child Nutrition

Healthy eating is necessary for healthy development. That is why it's important to offer children healthy food choices—options that will nurture their bodies and fuel brain development. Children form lifelong eating habits based on the foods served to them when they are young. But it's not just about the foods served; healthy eating habits are influenced by the entire mealtime experience, as well as other learning activities involving food, like gardening and taste tests.

Providers are encouraged to register for [Go NAPSACC](#) and complete Go NAPSACC's child nutrition module. This module uses tailored tools and best practices to guide child care providers toward healthy changes for child nutrition. To view the self-assessment [click here](#). Below, are additional resources to support implementation

### Participate in the USDA Child and Adult Care Food Program (CACFP), if eligible.

- In the state of Louisiana, child nutrition programs are administered through the Louisiana Department of Education. [Click here for more information on participating.](#)
- [Growing a Healthier Future with the CACFP](#): To learn more about the CACFP program and find resources for sponsors, providers and families, [click here](#).
  - Infant Meal Patterns ([English](#), [Spanish](#))
  - Child Meal Patterns ([English](#), [Spanish](#))
  - CACFP Best Practices ([English](#), [Spanish](#))

### Provide healthy beverages.

- [Increasing Access to Drinking Water and Other Healthier Beverages in ECE Settings](#): This CDC resource explains why early education child care centers should serve water to children and gives information on how to do it.
- [National Drinking Water Alliance](#): This national partner has pulled together several strategies and resources for drinking water education and promotion in the early care and education setting. The resources include webinars, videos, and much more.
- [Growing Healthy Kids—Just Add Water](#): The goal of this curriculum is to help teach the importance of drinking water and encourage children to drink more.

### Serve fruit and vegetables.

- [Nemours Nurturing Healthy Eaters](#): Find kid-friendly recipes using healthy food choices for toddlers and preschoolers, menu planning guides, healthy eating tips, shopping lists and more.
- [Farm to Preschool: Local Food and Learning in Early Child Care and Education Settings](#) - This helpful fact sheet presents basic information about farm to preschool efforts, including tips and resources.

### Serve all meals to family-style children.

- [Family Style Dining Toolkit](#): This guide is intended to help early care and learning professionals successfully implement Family Style Dining practices. This guide focuses on serving meals family style with toddlers and preschoolers.

### Child care staff role model healthy behaviors.

- [Paths to a Healthier Child Care Workforce](#): Paths to a Healthier Child Care Workforce white paper to explore findings from our focus groups and to learn about strategies and recommendations for staff wellness.
- [10 Tips for Being a Healthy Role Model](#): This tip sheet from the USDA provides a variety of suggestions for setting good examples for children.