Websites

- **Let’s Move! Child Care**
  Collaboration of Let’s Move!, Nemours, Healthy Kids, Healthy Future, and the National Association of Child Care Resource and Referral Agencies, aimed at supporting child care professionals’ efforts to give children a healthier start.
  
  [www.healthykidshealthyfuture.org/content/hkhf/home/welcome.html#](http://www.healthykidshealthyfuture.org/content/hkhf/home/welcome.html#)

- **First Years in First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care**
  Toolkit filled with tips for child care providers to improve their nutrition and physical activity practices.
  
  [healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2760&placement_default=0](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2760&placement_default=0)

- **Health and Nutrition Information for Preschoolers**
  ChooseMyPlate, which has replaced MyPyramid in 2010, serves as a Food Guidance System, providing practical tips and advice stemming from the Dietary Guidelines for Americans 2010 on healthy eating and physical activity.
  
  [www.choosemyplate.gov/preschoolers.html](http://www.choosemyplate.gov/preschoolers.html)

- **eXtension Families, Food and Fitness**
  Information focusing on six key behaviors helping families learn how to eat smart and move more.
  
  [www.extension.org/families_food_fitness](http://www.extension.org/families_food_fitness)

- **NEW’s Health Kids Club Manual**
  Use this resource to train your staff and parents on many of the six key healthy behaviors highlighted by eXtension’s Families, Food and Fitness’ efforts. Take a look at Lesson 6: Rethink Your Drink for instructions on setting up an activity showcasing the actual amount of sugar in commonly consumed beverages.
  
  [http://www.ctahr.hawaii.edu/new/resources.htm](http://www.ctahr.hawaii.edu/new/resources.htm)
• Preventing Childhood Obesity in Early Care and Education Programs

A collection of nutrition, physical activity and screen time recommendations for child care programs to use in helping to improve the health of young children. This resource is a collaboration of the American Academy of Pediatrics, American Public Health Association, and the National Resource Center for Health and Safety in Child Care and Early Education


• Hawaii State Department of Education – Other Wellness Tips

Helpful tips and strategies for building and maintaining a wellness environment at your school. Brief yourself about the requirements for public schools and adapt them to your school and children.

http://doe.k12.hi.us/foodservice/toolkit/otherwellnesstips/index_bytopic.htm

• Reducing Screen Time: Resources for People Working with School Age Children

Using these materials developed by the University of Washington’s Center for Public Health Nutrition, you can train your staff and parents on the different types of screen time activities, associated problems with too much screen time, and general recommendations to moderate this activity in our daily lives. Check out their "Appetizing Alphabet" in their “Screen TIME Matters” presentation and see how advertising has made an impact on your recognition of common brands of foods and beverages.