

Team Nutrition: Growing Healthy in Child Care

About Us:

Our Goal: We promote and support best practices for nutrition and physical activity in South Carolina child care.

Who We Serve:

- ABC Quality Child Care Centers.
- Child Care Centers participating **for less than three years** in the Child and Adult Care Food Program (CACFP).

How We Can Help:

- We provide training to create a healthier child care environment, helping you meet ABC Quality standards and earning DSS credit hours. Please check our calendar for upcoming nutrition trainings or call us to schedule a training session.
 - Some topics for training include:
 - Local Food Procurement
 - Creating Meals with Appeal for Young Children
 - Supporting Breastfeeding in Child Care
 - Culinary Skills for Cooking Staff
 - Marketing Nutrition Education in Child Care to Families.
- We provide individualized technical assistance and coaching. Our community outreach coordinators will address your specific program needs for nutrition and physical activity.
 - Assist with planning and serving healthy child care meals through seasonal menu development.
 - Assist with creating and maintaining a healthier child care environment overall.
 - Assessing and implementing wellness policies
 - Nutrition education implementation
 - Community resources and support relating to SC Farm to Preschool

If you've been a part of ABC Quality and are curious about your center's nutrition and physical activity standards, please let us know. We can celebrate your successes and provide suggestions in areas you would like to improve.

Nutrition Trainings:

See some upcoming nutrition trainings: [Training Calendar - Center for Child Care Career Development](#)

Contact Us:

**South Carolina Department of Social Services
Division of Early Care and Education
ABC Quality Program, SC Team Nutrition Grant**

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Documents for Team Nutrition: Growing Healthy in Child Care

1. USDA Team Nutrition Resource Library
 - a. <http://www.fns.usda.gov/tn/resource-library>
2. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program (English and Spanish Versions)
 - a. <http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>
3. Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate
 - a. <http://www.fns.usda.gov/tn/grow-it-try-it-it>
4. Discover MyPlate: Nutrition Education for Kindergarten (Teacher's Kit)
 - a. <http://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten>
5. Serving Up MyPlate: A Yummy Curriculum
 - a. <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
6. The Two-Bite Club/El Club de Dos Bocados
 - a. <http://www.fns.usda.gov/tn/two-bite-club>
7. Recipes for Healthy Kids: Cookbook for Child Care Centers
 - a. <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>
8. Recipes for Healthy Kids: Cookbook for Homes
 - a. <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>
9. Nibbles for Health: Nutrition Newsletters for Parents of Young Children
 - a. <http://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children>
10. If your child care center would like to order some Team Nutrition resources
 - a. <https://pueblo.gpo.gov/FNS/FNSPubs.php>