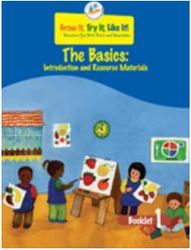


# National Nutrition Month

March 2016

Join thousands of child care providers already reaping the benefits of the Child and Adult Care Food Program! Call (888) 834-8096 to get involved.

## MyPlate Monday



*Food Fun with Nutrition Education*  
Fun and hands-on nutrition education activities engage children to develop new skills and create healthy eating habits that can last a lifetime. USDA Team Nutrition has free nutrition

education curricula available to participants in the CACFP that is appropriate for all age groups. [Grow It, Try It, Like It!](#) is a garden-themed nutrition education kit for preschoolers that introduces children to six fruits and vegetables through fun activities of an imaginary garden at Tasty Acres Farm. See the [USDA Team Nutrition Resource Library](#) for more information.

## Try Tuesday

Make Today a Try-Day!



*It's All About Taste*

Eating smart is healthy but also tasty. A taste test is a great way to encourage children to try new foods that they have never been exposed to before. Children can explore their

senses and learn that new fruits and vegetables can be healthy and delicious. When a child tries healthier food options they are more likely to continue making these healthy eating choices over a lifetime. See the [SC Farm to Preschool Taste Test Guide](#) for more information about taste tests.

## Wise Wednesday



*Kitchen Helpers*

Cooking with children can be a great opportunity for children to develop new skills, have fun, and try new foods. Children are less likely to reject foods that they

have helped make. Preschoolers can do small jobs in the kitchen and feel they are doing something

“grown up”. See [MyPlate Kitchen Helper Activities](#) for more information on age-appropriate kitchen activities for preschoolers.

## Tractor Thursday

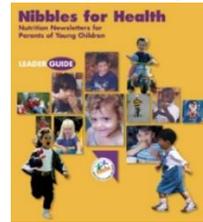


*Grow a Garden*

As children plant and tend a garden you will see how proud they become in growing their very own vegetables. A child care garden can promote learning, support new skill development,

strengthen social skills, and help build healthy habits for life. Engaging children in the garden process has a wide range of benefits and is a great opportunity to expose children to fresh food, encourage being active, and have social interactions. See [South Carolina Farm to Preschool Garden Toolkit](#) for more about how to start your fruit or vegetable garden.

## Family Friday



*Taking the Message Home to Parents*

Parents may face many challenges every day to continue creating healthy eating habits with their children. Sending home a parent

nutrition newsletter can be a great way to start a conversation about what a child's nutritional needs are and how to promote good nutrition in the home for the entire family. See [Nibbles for Health: Nutrition Newsletters for Parents of Young Children](#) for some available nutrition newsletters.

## SC Team Nutrition Cookbook Submissions: Highlight Your Work!

What are some child care recipes with South Carolina grown fruits and vegetables you use? SC Team Nutrition is looking for recipe submissions to produce a cookbook highlighting seasonal produce. Please contact Lynn Boyd [lynn.boyd@dss.sc.gov](mailto:lynn.boyd@dss.sc.gov) 803-898-2744 with SC Team Nutrition at ABC Quality. USDA is an equal opportunity provider and employer.