



Nutrition and Food Policy

As a child care provider, you play a key role in children's lives. By working with children each day, you help them learn and grow. By serving them nutritious meals and snacks, you help children get the nourishment and energy they need to learn and grow - and be healthy. That makes your job very important.

Research has shown that there are crucial relationships between nutrition and health, and nutrition and learning. You are in a special position to show children what it means to eat for good health, including how important it is to eat a variety of foods.

More children are in child care today than ever before. Some spend more time in child care than they do at home. The meals and snacks served in your center or child care home, through USDA's [Child and Adult Care Food Program](#) (CACFP) are an important part of providing proper care. Team Nutrition is pleased to support your efforts in providing nutritious, appealing meals for the children you serve.

At Aleph we participate monthly in the 2 bite club.

This educational storybook, available in English and in Spanish, was developed to introduce MyPlate to young children. Parents or caregivers read the book to children and encourage them to try foods from each food group by eating just two bites, just like the characters in the story. The back of the book contains a MyPlate coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters.

<http://www.fns.usda.gov/healthierschoolday>