

# NATIONAL EARLY CHILDHOOD NUTRITION CONVENING



RESOURCES SHARED



## 1,000 DAYS INITIATIVE



Here is the special issue of the American Journal of Public Health dedicated to the first 1,000 days nutrition <https://ajph.aphapublications.org/toc/ajph/112/S8>

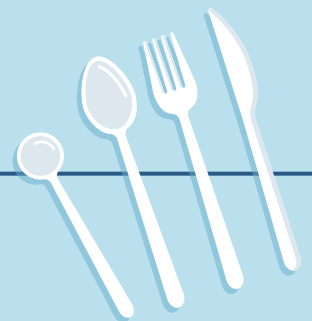
## ASPHN

ASPHN developed a CACFP Vegetable and Fruit Snack Menu to help providers more easily plan, prepare, and provide healthier, culturally appropriate snack options. <https://asphn.org/cacfp-veggie-and-fruit-snack-menu/>



## HEALTHY EATING RESEARCH

- Healthy Eating Research has recently published several sets of recommendations related to what and how to feed young children. A few highlights of our dissemination efforts are listed below:
- Healthy Drinks Healthy Kids - New Provider Toolkit: [https://healthydrinkshealthykids.org/app/uploads/2022/10/Healthy\\_Drinks\\_Healthy\\_Kids\\_Provider-Toolkit-9.22.pdf](https://healthydrinkshealthykids.org/app/uploads/2022/10/Healthy_Drinks_Healthy_Kids_Provider-Toolkit-9.22.pdf)
- Creating Healthy Eating Habits in Kids 2-8 - Forthcoming Better Kid Care Module for Early Childcare Providers; HER launched an Instagram in an effort to share our recommendations with parents and caregivers: <https://www.instagram.com/healthyeatingresearch/?hl=en>
- Feeding Guidelines for Infants and Young Toddlers - Tips for Families site featuring recommendations, tip sheets, and videos for parents and caregivers: <https://healthyeatingresearch.org/tips-for-families/ages-0-2-feeding-recommendations/>



## KIDS EAT IN COLOR

- Visit, [Kids Eat in Color - Kids Eat in Color](#), to get picking eating help, toddler and child nutrition courses, and recipes.
- Follow Jennifer Anderson, a registered dietitian on Instagram @kids.eat.in.color, to learn about creative ways to get picky eaters to eat fruits and vegetables.

## NACCHO

To pre-register for the “The first 1,000 Days Nutrition: Improving Nutrition Security for Infants and Toddlers in Communities of Color” webinar on Thursday, March 16, 2023, at 1 pm EST, click the following link: [bit.ly/1000daysNutrition](https://bit.ly/1000daysNutrition)



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## NO KID HUNGRY

No Kid Hungry worked closely with Martine and FRESHFarm on Community Engagement and are happy to share this toolkit we made together:

<https://bestpractices.nokidhungry.org/resource/amplifying-the-voices-of-our-childrens-caregivers-through-family-councils>



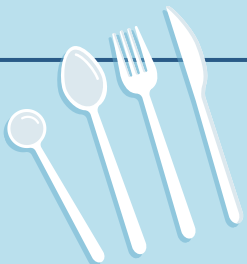
## PARTNERSHIPS FOR HEALTHIER AMERICA

- Here is the link to the patient education handouts, if you are interested in learning more, let me know:  
<https://www.ahealthieramerica.org/articles/free-resources-for-clinicians-and-champions-of-first-foods-981>
- USDA announced its updates to WIC food package and is inviting comments: <https://www.usda.gov/media/press-releases/2022/11/17/usda-proposes-science-driven-updates-foods-provided-through-wic>
- Veggies Early and Often: [Veggies Early & Often • Partnership For A Healthier America](#)

## PENN STATE BETTER KID CARE



- Better Kid Care has partnered with Dipti Dev to develop online courses on EAT. You can find more info here:  
<https://extension.psu.edu/programs/betterkidcare/knowledge-areas/k7/on-demand-lessons>
- Better Kid Care has also partnered with Share Our Strength to develop 5 online courses of the Cooking Matters for Childcare Professionals covering healthy eating on a budget. These courses are due to be released in early 2023.
- BKC has an online course that educated ECE professionals regarding the federal food programs so they can share that information with the families in their care about the benefits and how to access. It also educates childcare professionals about CACFP -  
<https://extension.psu.edu/programs/betterkidcare/lessons/hunger-free>
- Better Kid Care is currently working on a research project with researchers at UT School of Public Health focused on caregiver wellness that includes a food access piece available through Brighter Bites, an organization bringing fresh produce to families in school and now ECE programs that will include teachers having access as well.



## UConn RUDD CENTER FOR FOOD POLICY AND HEALTH

- For more information on food marketing, visit the link: [Food Marketing | UConn Rudd Center for Food Policy and Health](#)
- To learn more information about food marketing related to baby and toddler populations, visit this link: [Baby & Toddler | UConn Rudd Center for Food Policy and Health](#)

