



## Resources for Healthy Eating for Children

### USDA:

- [Family Daycare Homes Monitor Handbook-CACFP](#)
- [Local food procurement](#)
- [Grow it, Try it, Like it curriculum guide](#)
- [Farm to Preschool, local procurement fact sheet](#)
- [Resources for picky eaters](#)
- [Memo around local food in CACFP](#)
- [Food buying guide](#)
- [SNAP-ed Trainings and webinars](#)
- [My plate](#)
  - [Fruits](#)
  - [Vegetables](#)

### [Academy of Nutrition and Dietetics](#)

### [Dietary Guidelines for Americans Professional resources](#)

### [Kalamata's Kitchen](#)

### [American Academy of Pediatrics nutrition articles](#)

- [Recipes](#)

### CDC nutrition:

- [Childhood Nutrition facts](#)
- [Tips to support healthy eating routines](#)
- [Good nutrition starts early](#)
- [Tips to help your picky eater](#)
- [Infant and toddler nutrition](#)
- [Food and drinks for 6-24 month olds](#)

### [DESE and EEC](#)

- [CACFP programs in MA](#)
- [Family Child Care sponsors](#)

### [National CACFP Sponsors Association](#)

- [Picky Eaters](#)
- [Family Child Care](#)
- [Activity pages](#)