



Healthy Celebrations and Snacks - Tools and Links

Healthy Children, Healthy Weights Tools & Resource Page Website Link:

<https://columbus.gov/publichealth/programs/Healthy-Children-Healthy-Weights/Healthy-Children,-Healthy-Weights-Tools-and-Resources/>

Rings of Fun - The Ring of Fun highlights creative classroom ideas for physical activities, nutritious snacks and family engagement! The cards have been updated to incorporate the newly developed Early Learning Development Standards to provide a quick reference for teachers who are incorporating the standards into their curriculum.

Posters & Handouts - For our partners: You can now add your logo to the Healthy Children, Healthy Weights posters and parent handouts. You will need to have access to Adobe Acrobat XI Pro to insert your logo.

There are currently 12 key messages available in 2 poster sizes and a corresponding handout:

- Make Snacks Count
- Healthy Celebrations
- Make Breakfast Count
- Cold Weather Fun
- Growing Great Tasters
- An Hour a Day to Play
- Take Time for Meals
- Good Rest is Best
- Reduce Screen Time
- Water First for Thirst
- Build Children Up with Words
- Make Each Plate a Healthy Plate

Health to go Kits on Make Snacks Count and Healthy Celebrations are also available to be checked out for your next event.

Get Active Columbus

Website: <http://www.getactivecolumbus.com/>

The go to resource for activities and events happening in Columbus. Also includes **100 Days of Play**, which contains 100 indoor and outdoor activities
([http://www.getactivecolumbus.com/uploadedFiles/Area_of_Interest/Get_Active/Site_Pages/100DaysOf_Play_6.21.2012\(1\).pdf](http://www.getactivecolumbus.com/uploadedFiles/Area_of_Interest/Get_Active/Site_Pages/100DaysOf_Play_6.21.2012(1).pdf))



Center for Science in the Public Interest

Website Link: www.cspinet.org

Resources include suggested policies, creating healthy environments, marketing to children, sugar drinks and so much more!

Choose My Plate

Website: www.choosemyplate.gov

Resources and tips on healthy eating, physical activity, BMI calculator, growth charts, portion distortion, myplate videos, recipes, 10 tips nutrition education handouts, and much more.

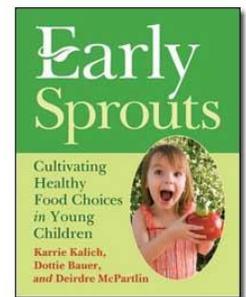
Early Sprouts

Website: <http://www.earlysprouts.org/>

Award winning programs that help early childhood educators foster enthusiasm for healthy foods and active play in young children. They have online training for Growing Healthy Eaters and 10 hours of professional development.

Early Sprouts is a research-based nutrition curriculum that encourages preschoolers to eat more vegetables by growing, harvesting, and preparing organically grown foods.

The complete curriculum guide is published in the *Early Sprouts* book, available from major booksellers. Additional recipes are available in the *Early Sprouts Cookbook*.



OSU Expanded Food and Nutrition Education (EFNEP)

Website: <http://fcs.osu.edu/nutrition/efnep>

EFNEP is a free program offered in 20 counties in Ohio and has two components - a youth program and an adult program. The adult program serves low income adults with children in the household. EFNEP teaches caregivers how to make healthier, safer, and lower-cost food choices for themselves and their families while boosting their ability to choose and buy food that is healthier for their families. They also gain new skills in food preparation, storage, and safety, learns how to better manage their food budgets, and how to increase their physical activity levels. Ohio EFNEP also provides specialized education to pregnant and new mothers as well as nutrition workshops which take into account healthy parenting styles and techniques.

Team Nutrition

Website: www.fns.usda.gov/tn/team-nutrition

The Resource Library contains free resources available to schools and child care facilities participating in the Federal Child Nutrition Programs. Click the “Resource Order Form” and select the items you would like to order, such as the “two Bite Club” books, MyPlate posters, recipes, Grow it, Try It, Like It! Gardening educational kit, popular events idea booklet and much more!



Yoga Pretzels - yoga flashcards for kids which can be ordered through Amazon.

Dairy Council of California

Website www.healthyeating.org

The website contains information and tips on healthy eating, handouts for parents and recipes for breakfast, lunch snack and dinner

Super Healthy Kids

Website www.superhealthykids.com

Great resource for recipes and snack ideas!

School Meals that Rock

Website www.schoolmealsthatrock.org

Good resource on information about school food and school lunch program from an outside source. Dayle Hayes, MS, RD is an award-winning author and educator. Her creativity and common-sense have made her a sought-after speaker across the USA. As a parent and member of the School Nutrition Association, Dayle is dedicated make school environments healthy for students and staff. She collected school success stories for *Making It Happen*, a joint CDC-USDA project, wrote a chapter on communicating with students in *Managing Child Nutrition Programs: Leadership for Excellence*, and co-authored the Position of the American Dietetic Association: *Nutrition Guidance for Healthy Children Ages 2 to 11 Years*.

National School Lunch Program

Website: <http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

This is the site for rules and regulations on the National School Lunch Program, as well as the Child and Adult Food Program (CACFP).

100 Days of Real Food

Website: www.100daysofrealfood.com

This site has free meal plans, kid lunch ideas and recipes.

Action for Healthy Kids Healthy Party Guide:

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/partner-resource-pdfs/healthypartyguide-cando.pdf>

Healthy Fundraising Guides:

1. <http://www.nyc.gov/html/doh/downloads/pdf/dpho/dpho-fundraiser-guide.pdf>
2. <http://www.ousd.org/cms/lib07/CA01001176/Centricity/Domain/139/Fundraising%20Toolkit.pdf>

Creative Fundraising Ideas: https://www.michigan.gov/documents/healthymichigan/5_Healthy_School_Fundraising_Ideas_392454_7.pdf