Nutrition Resources for Early Care and Education Programs

- **Child and Adult Care Food Program (CACFP) in Maine** - a federally funded program that is administered by the state to ensure that eligible children have access to healthy, nutritious food.

- **Nutrition Education Material from USDA** - factsheets, activities and recipes to help continue to learn and cook with healthy ingredients.

- **USDA Choose MyPlate** - lesson plans on food, gardening, agriculture and nutrition, as well as activity sheets and much more.

- **Team Nutrition** - resources for nutrition education for children and families, and tools to support a healthier environment.

- **Harvard Healthy Eating Plate** - Harvard University developed a Healthy Eating Plate with guidance on ensuring each meal is full of nutritious foods.

- **University of Maine Cooperative Extension Expanded Food and Nutrition Education Program (EFNEP)** - paraprofessionals deliver hand-on, experiential lessons using evidence-based curriculum to improve the knowledge, skills, attitudes, and behaviors necessary to improve the total family diet and nutritional well-being.

- **Cooking Matters** - educates through interactive, hands-on lessons and digital education tools and resources how to shop and cook healthy meals for everyone.

- **Sesame Street Healthy Habits for Life Curriculum** - lessons to guide your program to ensure healthy behaviors is the focus!

- **Early Sprouts: Cultivating Healthy Food Choices in Young Children Curriculum** - a program that help early childhood educators foster enthusiasm for healthy foods and active play in young children.

- **Color me Healthy Curriculum** - a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating, and garden-based education curriculum.

- **Farm to Preschool** - shares additional resources of nutrition and/or garden-based education curricula utilized by Farm to Preschool programs across the country. Each curriculum comprises a varying set of components, some of which are regionally focused.

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**LET’S GO!**

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