

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.

