



Maternal and Child Health Bureau



National Center for Education
in Maternal and Child Health

KITCHEN SAFETY FOR CHILDREN

You can make your kitchen a safe learning environment for your children. Here are some things you can do:

Prepare hot foods safely

- ♡ Use back burners when cooking, if possible. Always place pot handles toward the back of the stove.
- ♡ If you heat food for your child in the microwave, be sure to test the temperature before giving it to the child to eat.
- ♡ Keep coffee, hot water, and other hot liquids out of your child's reach. Do not have these items in your hand when you are holding your child. Don't place them at the edge of a counter or table or on a tablecloth that could be yanked down.

Cooking equipment

- * Look for appliances with short cords. Long cords can be easily pulled or tripped on. Never let cords dangle. Keep them wound up and out of reach.
- * If possible, plug in appliances above counter or table level. Place highchair away from counters or tables that have these items on them.
- * The stove may be dangerous even after you have turned it off. An electric burner coil can reach over 1,000°F and can ignite fabric on contact.
- * When purchasing a stove, look for one with knobs that are difficult to turn or knobs that are not near the front of the stove.

Knives and other utensils

- ♡ Always put utensils in a safe place before turning your attention away.
- ♡ Move toothpicks out of reach, too. Their small size is particularly intriguing to young children.

Storage

- ☆ Use safety latches in drawers and on cupboard doors. This also helps prevent messy cleanup.
- ☆ Store poisonous products (such as cleaning supplies and bug spray) and alcoholic beverages separately from food and out of your child's reach.
- ☆ Store poisonous products in their original containers. (Anything in a juice container will look like juice to your child.) Original containers list ingredients—this is important to know if your child swallows something poisonous.
- ☆ Store vitamins and medicine out of child's reach. (Children like to imitate adults "taking medicine.")
- ☆ Don't store food treats and other attractive items over the stove.
- ☆ Store foil and plastic wrap out of your child's reach—the serrated edge on the boxes can cut a child. Plastic wrap and grocery vegetable bags pose can suffocate a small child who places them over his head.
- ☆ Store pet food bowls and supplies out of reach of your crawling child.



HOW TO TELL IF FOOD IS SAFE

- ⦿ Look at the expiration date on unopened containers of food. Do not use food past this date—even if it looks okay.
- ⦿ Inspect food for spoilage every day. How does it smell? How does it look? If a food smells spoiled or looks moldy, don't serve it to children, and don't eat it yourself. If food is moldy, throw it all out—don't just take out the moldy part. **Remember, food does not have to look or smell bad to be unsafe.**
- ⦿ Do not use food in cans that are leaking or have bulges. These bulges are caused by gas produced by dangerous bacteria inside the can.
- ⦿ Do not serve home-canned foods. Bacteria may grow in improperly canned food and cause serious illness.
- ⦿ Do not use foods in unlabeled cans or packages without labels.
- ⦿ Do not use food in cans that are dented or rusted, in jars that are cracked or have broken seals, or in packages that are torn. These openings may allow the food to be contaminated.
- ⦿ Discard refrigerated leftovers within 24 hours.

WHEN IN DOUBT, THROW IT OUT!



FOOD SAFETY FOR CHILDREN

Food-borne illness can be serious in a young child. Here are some things you can do to help keep your child from getting sick:

Keep everything clean

- * Wash your hands and your child's hands before preparing or eating food and after anything that interrupts either of those activities.
- * Wash fresh fruits and vegetables carefully before cooking them or giving them to your child to eat raw.
- * Wash dishes thoroughly in hot soapy water. Use clean dishcloths to wash dishes. Don't use sponges—they often spread germs. Rinse and sanitize dishes and let them air-dry.
- * If you use a cutting board, wash it thoroughly with hot soapy water between uses for different foods, especially after using it to cut raw meat. Use only cutting boards made of nonporous materials.

Prepare foods properly

- ☆ Always cook foods thoroughly. Be especially careful about foods containing meat, fish, eggs, or poultry. Cook hamburger until it is brown or gray on the inside. Cook chicken until the juices are clear when a knife or fork is stuck into it. Cook fish until it is opaque and flakes easily with a fork. Cook eggs until they are firm.
- ☆ Thaw frozen foods in the refrigerator or under cold running water—NEVER on the counter or in a bowl of standing water.
- ☆ Serve hot foods hot and cold foods cold. Make sure that hot foods stay above 140°F and cold foods stay below 40°F.

Store food safely

- ☞ If you have stored cooked foods in the refrigerator, serve them within 24 hours.
- ☞ Store raw foods below cooked or ready-to-eat foods in the refrigerator.
- ☞ Store dry ingredients (rice, sugar, etc.) in nonporous containers with tight-fitting lids to prevent insects and rodents from entering the products.
- ☞ Cover and refrigerate or freeze extra cooked food right away. NEVER leave it on a counter to cool.
- ☞ Leftovers that are refrigerated or frozen should only be reheated and reused one time. If they are not all eaten the second time, throw them out.
- ☞ When reheating, bring liquids such as gravy, soup, or sauce to a boil. Heat other leftovers to 165°F.
- ☞ Store cleaning products and medications away from food and out of the reach of children.



KEEP YOUR CHILD SAFE FROM CHOKING

Choking can be a problem in young children because they may not have enough muscle control to chew and swallow foods properly. Foods that are small or slippery, such as peanuts or hot dogs, might slip down a young child's throat before he has a chance to chew them. Foods that are dry and difficult to chew, such as popcorn and nuts, might be swallowed whole by your child. Foods that are sticky or tough to break apart, such as peanut butter or tough meat, could get lodged in your child's throat.



CHANGE FOODS TO MAKE THEM SAFE

Some foods can be changed to make them safer for young children. Try these ideas:

FOOD	KIND OF CHANGE
Hot dogs	Cut in quarters lengthwise, then into small pieces
Whole grapes	Cut in half lengthwise
Nuts	Chop finely
Raw carrots	Chop finely or cut into thin strips
Peanut butter	Spread thinly on crackers; mix with applesauce and cinnamon and spread thinly on bread
Fish with bones	Remove the bones

PREVENT CHOKING!

Do not serve these foods to children under the age of 4.

Spoonfuls of peanut butter	Hard candy
Mini-marshmallows	Popcorn
Large chunks of meat	Raw peas
Nuts, seeds, peanuts	Whole grapes
Raw carrots (<i>in rounds</i>)	Ice cubes
Fish with bones	Raisins
Other dried fruit	Pretzels, chips
Hot dogs (<i>whole or sliced into rounds</i>)	



KNOW YOUR RESPONSIBILITIES

Both you and your child have certain responsibilities in feeding. Be sure to fulfill your own, but don't try to take over your child's. She will do her part.

Young children will not eat the same way from day to day or from meal to meal. Growth spurts and changes in activity or interests affect your child's appetite. As long as your child is healthy and growing, you don't need to be concerned about this. Do not force your child to eat specific foods or clean her plate. Healthy children will eat what they need.

Present food and mealtime as a positive experience for your child. Don't use food (such as candy) as a reward. Don't deny dessert as a punishment. Doing these things might cause your child to believe that sweets are special foods and to overeat when given the opportunity.

You have a responsibility to be a good role model for your child and to help him learn. Your child will imitate you, so be sure to display the behaviors you would like him to have. Try a variety of foods, and have good manners at the table. While you eat, talk to your child about the foods he is eating and pleasant events of the day.



RESPONSIBILITIES

PARENT—responsible for the type of food that is bought, how the food is prepared, when the food is served, and the environment in which the meal is served.

CHILD—responsible for whether he eats, what he eats, and how much he eats.



HELP YOUR CHILD LIKE NEW FOODS

As a parent, you play an important part in the development of your child's eating habits. Your child needs to eat a variety of foods every day to meet his or her needs for growth and development. This habit will be important throughout your child's life because no single food can provide all the nutrients he needs.

Here are some things you can do to help your child learn to eat a variety of foods:

Have a positive attitude. Serve new foods to your child and expect that she will eventually learn to like them. If you think she can handle them, she probably will.

Don't force your child to eat. Children sometimes do not like to eat food they have never seen before. Keep serving the food to your child. As he becomes more familiar with it, he may decide to taste it.

Let your child help prepare the food. This can be something simple like tearing lettuce for a salad or stirring pancake batter. This will help your child become familiar with the new food. As you prepare it together, you and she can talk about the color, shape, and texture of the food.

Serve new foods when your child is hungry. Let the new food be the first thing your child eats. He might not want to try something new if he has already filled up on his favorites.

Serve one new food at a time. Don't overwhelm your child by serving her a plate full of new foods. Instead, try offering one new food on her plate with familiar foods that she likes.

Be a good role model. Eat a new food in front of your child and let him see how much you are enjoying it. He may try it because he wants to be like you.

Respect your child's food preferences. There may be some foods that your child doesn't like no matter what you try. That's okay. Just be sure to offer your child other foods from the same food group at other meals and snacks.

MATERIALS FOR PARENTS





NU104 Centers receiving food from an off-site food service facility shall have provisions for the proper holding and serving of food and washing of utensils to meet the requirements of the Food and Drug Administration's Retail Food Sanitation Code and the standards approved by the state or local health authority.

EDITOR'S NOTE: Refer to revised standards, U.S. Public Health Service, FDA, *Food Code*, 1995.

NU106 The nutrition plan shall be developed in advance with guidance from, and shall be approved by, the child care Nutrition Specialist. For centers, this shall be a written plan.

MEALS FROM OUTSIDE VENDORS OR CENTRAL KITCHENS ^{NU104}

Centers that receive food from an off-site food service facility should be able to safely hold and serve the food and properly wash the utensils. Food must be held at the right temperature to prevent spoilage. Centers should meet the requirements of the Food and Drug Administration's *Food Code*, 1995 edition, and the standards approved by the state or local health authority.

To obtain a copy of the FDA's *Food Code* contact:

National Technical Information Service (NTIS)
5285 Port Royal Road
Springfield, VA 22161
Telephone: (703) 487-4650

NUTRITION LEARNING EXPERIENCES FOR CHILDREN ^{NU106}

The nutrition plan described in Chapter 6 (page 49) should be developed with guidance from and should be approved by the child care nutrition specialist. For centers, this plan should be written.



FOOD SAFETY

Staff who work with food should be very careful not to contaminate the food. If possible, cooks should not have any child care or janitorial responsibilities. Staff who prepare food should not change diapers. Staff who work with children in diapers should not prepare or serve food for children. This practice helps keep staff from getting sick and infecting the food or spreading illness from the children to the food.

When it is not possible to observe these restrictions, staff who change diapers should wash their hands thoroughly with warm soapy water before they prepare or serve food. Caregivers who prepare food for infants should always wash their hands carefully before handling food, including infant bottles of formula or breast milk. **NU70**

Dry, bulk foods that are not in their original, unopened containers should be stored 6 inches off the floor. Store them in clean metal, glass, or food-grade plastic containers with tight-fitting covers. Be sure to label and date them. **NU90**

Hot foods should not be steamed longer than 30 minutes before they are covered and refrigerated. Excessive heating of foods results in loss of nutritional content. **NU82**

KITCHEN—DISHWASHING AREA **NU97**

To clean and sanitize dishes and utensils, centers should have either:

- 1) an approved dishwasher capable of washing, rinsing, and sanitizing multiuse utensils and at least a two-compartment sink with a spray unit **OR**
- 2) a three-compartment dishwashing area with built in drainboards on each side. If the center does not have a sink with three compartments, use a large dish pan for the second and/or third compartment.

If the center cannot arrange for proper dishwashing facilities, use paper cups and plates and sturdy plastic utensils and dispose of them after every use.

NU70 Staff who prepare food shall not change diapers. Staff who work with diapered children shall not prepare or serve food for older groups of children. When it is not possible to observe these restrictions, staff who are responsible for changing diapers shall prepare or serve food to the infants and toddlers in their groups only after thoroughly washing their hands. Caregivers who prepare food for infants shall practice careful handwashing before handling food, including infant bottles of formula or breast milk.

NU90 Dry, bulk foods that are not in their original, unopened containers shall be stored off the floor in clean metal, glass, or food-grade plastic containers with tight-fitting covers, and shall be labeled and dated.

NU82 Hot foods shall be steamed for no longer than 30 minutes before being covered and refrigerated.

NU97 Centers shall provide a three-compartment dishwashing area with dual integral drainboards and/or an approved dishwasher capable of disinfecting multiuse utensils. If a dishwasher is installed, at least a two-compartment sink with a spray unit shall be provided. If a dishwasher or a three-compartment sink is not used, paper cups and plates and plastic utensils shall be used and shall be disposed of after every use.



NU60 All gas ranges in centers shall be mechanically vented and fumes filtered prior to discharge to the outside. All vents and filters shall be maintained free of grease buildup, in a sanitary condition, and in good repair.

NU55 Centers shall provide a separate handwashing sink in the facility with a minimum 8-inch-high splash guard or with 18 inches of space between the handwashing sink and any open food zones (preparation tables, food sink, etc).

AD86 The facility shall maintain records covering the nutrition services budget, expenditures for food, numbers and types of meals served daily with separate recordings for children and adults, inspection reports made by health authorities, and recipes. Copies shall be maintained in the facility files for at least 1 year.

NU66 In centers, access to the kitchen by infants and toddlers shall be restricted. Access by older children shall be permitted if supervised by staff who have been certified by the child care Nutrition Specialist or center director as qualified to follow the sanitation, disinfection, and safety procedures of the facility.

Gas ranges should be mechanically vented. Fumes should be filtered before discharge to the outside. All vents and filters should be kept clean, free of grease buildup, and in good working order. Properly maintained vents and filters control dangerous fumes. **NU60**

Centers should have sinks in two separate areas—one for handwashing and one for food preparation. Separate sinks help keep food from being contaminated. Do not use the handwashing sink for food preparation. The handwashing sink should have either:

- ✎ a splash guard at least 8 inches high **OR**
- ✎ at least 18 inches of space between it and any food preparation areas, including preparation tables and the food sink. **NU55**

FOOD SERVICE RECORDS **AD86**

Centers should keep food service records to aid in the management and improvement of services. Keep records of these things for at least 1 year:

- ☆ nutrition services budget;
- ☆ expenditures for food;
- ☆ numbers and types of meals served daily with separate recordings for children and adults (exception, CACFP records must be kept for 3 years);
- ☆ inspection reports made by health authorities; and
- ☆ recipes.

KITCHEN ACCESS **NU66**

Kitchens can be dangerous for young children. Infants and toddlers should not be allowed into the kitchen. Older children in the kitchen should be supervised by qualified staff who have been certified by the child care nutrition specialist or center director. These staff should follow the sanitation, disinfection, and safety procedures of the facility and make sure the children follow them.



When changes are made in the food service/nutrition plan, such as installing a new dishwasher or expanding storage or dining areas, the child care nutrition specialist or food service expert should again work with the architect or engineer.

FOOD SERVICE EQUIPMENT

All food service equipment should be easy to clean properly, and it should be safe to operate. It should meet the following:

- Performance and health standards of the National Sanitation Foundation and the U.S. Department of Agriculture food program and sanitation codes as determined by the regulatory public health authority.

Trained inspectors should check this equipment and provide technical assistance to the facilities.

Standards can be obtained from:

National Sanitation Foundation
3475 Plymouth Road
P.O. Box 1468
Ann Arbor, MI 48106

The Code of Federal Regulations Part 200, Section 354.210 (revised January 1990) on sanitary requirements is available from:

USDA Food Safety and Inspection Service
Facilities and Equipment Sanitation Division
14th and Independence Ave., S.W.
South Building, Room 1142
Washington, DC 20250 ^{NU53}

If the center uses commercial cooking equipment, proper ventilation is needed. The exhaust system should provide a capture velocity of 50 feet per minute 6 inches above the outer edges of the cooking surfaces at the prescribed filter velocities. This type of exhaust system properly collects fumes and grease-laden vapors at their source. If you need more information about capture velocity, refer to the exhaust system owner's manual. ^{NU59}

NU28 When alterations in the nutrition plan are contemplated, such as installing a new dishwasher or expanding storage or dining areas, the procedure to be followed shall be the same as for new construction or renovation. The food service expert shall be involved in the decision-making process and oversee carrying out completion of the plan.

NU29 For facilities operating 6 or more hours a day and/or preparing and serving food on the premises, the food service staff requirements shown in Appendix M shall apply.

NU53 Food service equipment shall be designed, installed, operated, and maintained to meet the performance and health standards of the National Sanitation Foundation and the United States Department of Agriculture (USDA) food program and sanitation codes as determined by the regulatory public health authority.

NU59 In centers using commercial cooking equipment to prepare meals, ventilation shall be provided with an exhaust system capable of providing a capture velocity of 50 feet per minute, 6 inches above the outer edges of the cooking surfaces at the prescribed filter velocities.



TITLE	LEVEL OF PROFESSIONAL RESPONSIBILITY	EDUCATION AND EXPERIENCE
Child Care Food Service Worker (Cook)	Under the supervision of the Food Service Manager, carries out food service operations including menu planning, food preparation and service, and related duties in a designated area.	High school diploma or GED. Successful completion of a food-handler class. Coursework in basic menu-planning skills and basic foods (offered through adult education or a community college). One year of food service experience.
Child Care Food Service Aide	Works no more than 4 hours a day, under the supervision of an employee at a higher level in food service unit.	High school diploma or GED. Must pass the food-handler test within 1 to 2 months of employment. No prior experience is required for semi-skilled persons who perform assigned tasks in designated areas.

NU25 The center shall be responsible for the administrative aspects of the food service unit unless the facility is large enough to justify employment of a full-time child care Nutrition Specialist or child care food service manager, in which case the responsibility is delegated.

NU26 Each facility shall employ trained staff and provide ongoing supervision and consultation in accordance with individual site needs as determined by the child care Nutrition Specialist. Prior work experience in food service shall be required for the solitary worker responsible for food preparation and so forth without the continuous onsite supervision of a food service manager.

NU27 A local child care Nutrition Specialist or food service expert shall be employed to work with the architect or engineer in development and implementation of the facility's nutrition plan and to prepare the initial food service budget. The nutrition plan encompasses kitchen layout; food procurement, preparation, and service; staffing; and nutrition education.

The director of a center serving less than 125 children is responsible for the administrative aspects of the food service unit. In larger centers, this is the responsibility of the full-time child care nutrition specialist or child care food service manager.

Centers should employ trained food service staff and supervise them appropriately. Previous food service work experience is required for any food service worker who is solely responsible for food preparation without on-site supervision by a food service manager.

Centers should have a nutrition plan that includes kitchen layout; food purchase, preparation, and service; staffing; and nutrition education. Centers should employ a local child care nutrition specialist or food service expert to:

- ☞ work with the architect or engineer to develop the facility's food service/nutrition plan;**
- ☞ be involved in making decisions about the placement and adequacy of space for food service equipment, dining areas, and storage;**
- ☞ be involved in carrying out the plan; and**
- ☞ prepare the initial food service budget.**



FOOD SERVICE STAFFING NU25-29

Centers need enough food service personnel to ensure that children are fed according to the center’s schedule. Any center that is open for 6 or more hours a day and/or prepares and serves food on the premises should have certain staff. Centers should have:

SETTING	FOOD SERVICE STAFF	
Centers serving up to 30 children	Full-time child care food service worker (cook)*	
Centers serving up to 50 children	Full-time child care food service worker (cook) and part-time child care food service aide*	
Centers serving up to 125 children	Full-time child care food service manager or full-time child care food service worker (cook) and full-time child care food service aide	
Centers serving up to 200 children	Full-time child care food service manager, full-time child care food service worker (cook), and one full-time plus one part-time child care food service aide	
Vendor food service	One assigned staff member or one part-time staff member, depending on amount of food service preparation needed after delivery	
*These staff members work under the guidance of a child care food service manager or a local child care nutrition specialist.		
The qualifications and responsibilities for these food service staff are:		
TITLE	LEVEL OF PROFESSIONAL RESPONSIBILITY	EDUCATION AND EXPERIENCE
Child Care Nutrition Specialist (local level)	Provides expertise to child care center director and provides ongoing guidance, consultation, and in-service training to facility’s nutrition personnel in implementing and evaluating all aspects of the nutrition component. The number of sites and facilities for one child care nutrition specialist will vary according to size and complexity of local facilities.	Current registration with the Commission on Dietetic Registration of the American Dietetic Association or eligibility for registration, with minimum qualifications including or supplemented by course(s) in child growth and development, plus at least 1 year of related experience as a nutritionist in a health program including services to infants and children.
Child Care Food Service Manager	Has overall supervisory responsibility for the food service unit at one or more facility sites.	High school diploma or GED. Successful completion of a food-handler class. Coursework in basic menu-planning skills, basic foods, introduction to child feeding programs for managers, and/or other relevant courses (offered at community colleges). Two years of food service experience.



APP24 Written policies about infant feeding shall be developed with the input and approval of the child's health care provider and the child care Nutrition Specialist and shall include the following:

- a) Storage and handling of expressed breast milk.
- b) Determination of the kind and amount of commercially prepared formula to be prepared for infants, as appropriate.
- c) Preparation, storage, and handling of formula.
- d) Use and proper disinfection of feeding chairs and of mechanical food preparation and feeding devices, including blenders, feeding bottles, and food warmers.
- e) Whether formula or baby food shall be provided from home, and if so, how such food will be transported, stored, and handled.
- f) A prohibition against bottle propping or prolonged feeding.
- g) A prohibition against allowing children to have their bottles at times other than when they are held or while seated for feeding.
- h) Specification of the number of children who can be fed by one adult at one time.
- i) Handling of food intolerance or allergies (e.g., to cow's milk, orange juice, eggs, or wheat).
- j) Responding to infants' need for food in a flexible fashion to approximate demand feedings.

- (1) Menus can help educate the parents about proper nutrition,
- (2) Menus show the parent what the child eats each day so that the parent can decide what other foods to give the child at home, and
- (3) The parent can alert the child care center in advance if the child has difficulty with any of the foods on the menu.

Some regulatory agencies require menus to be kept up to 3 years for licensing purposes.

INFANT FEEDING POLICIES APP24

Centers should have written policies about infant feeding for each infant. These policies should be developed with input from the infant's parents, health care provider, and the child care nutrition specialist. Each policy should include these things:

- ♡ Storage and handling of expressed breast milk, if used;
- ♡ Kind and amount of commercial formula to prepare for the infant, if used;
- ♡ Proper preparation, storage, and handling of commercial formula, if used;
- ♡ Proper usage and disinfection of food preparation equipment and bottles;
- ♡ Methods for transporting, storing, and handling breast milk, formula, or baby food brought from home;
- ♡ A statement against bottle propping, prolonged feeding, and allowing children to have their bottles when they are not being held or seated for feeding;
- ♡ The number of children who can be fed by an adult at one time; and
- ♡ Information about handling food intolerance or allergies and responding to infants' need for food in a flexible manner.



FOR CENTERS ONLY

This section provides information about the standards that apply only to child care centers. This section deals with:

- ☆ Writing menus
- ☆ Infant feeding policies
- ☆ Food service staffing, equipment, and records
- ☆ Access to kitchen
- ☆ Food safety
- ☆ Kitchen—dishwashing area
- ☆ Meals from outside vendors or central kitchens
- ☆ Nutrition learning experiences for children

WRITING MENUS ^{NU7}

When writing menus for a child care center, do the following things:

- * Prepare menus at least 1 month in advance;
- * Date menus;
- * List the foods to be served on the menu;
- * Substitute only foods with equal nutrient value;
- * Show any changes in foods actually served on the menu;
- * Make the menus available to parents; and
- * Keep the menus for 3 years.

Planning menus in advance helps ensure that the right foods will be on hand. Sharing the menus with parents helps in several ways:

NU7 Written menus showing all foods to be served shall be prepared at least 1 month in advance and shall be dated, amended to reflect any changes in the food actually served, made available to parents, and retained for 3 years. Any substitutions shall be of equal nutrient value.



*U.S. Department of Agriculture, Food Safety and Inspection Service. *A quick consumer guide to safe food handling*. Washington, DC: Food Safety and Inspection Service, U.S. Department of Agriculture, 1990. 2 pp.

Contact: Consumer Information Center 5B, P.O. Box 100, Pueblo, CO 81002. Fax (719) 948-9724. Available at no charge.

This pamphlet describes how to buy, store, prepare, serve, and re-store food safely in order to avoid food poisoning. Cold storage guidelines and appropriate cooking temperatures are included in chart form.



U.S. Department of Agriculture, Food and Consumer Service. *Child and Adult Care Food Program: Day care homes handbook*. Alexandria, VA: Child Nutrition Division, Food and Consumer Service, U.S. Department of Agriculture, 1994. 72 pp.

Contact: Child and Adult Care Food Program director at the state administering agency—Department of Education, alternate state agency, or Food and Consumer Service Regional Office. Available to participating CACFP institutions at no charge.

This manual offers administrative guidelines for sponsoring organizations and child care home providers. It contains a history of the Child and Adult Care Food Program, eligibility information, application procedures, meal patterns and food service requirements, and guidance on reimbursement claims, payments, monitoring and administrative reviews, and recordkeeping. A reference section provides sample forms and resources that can be used by program participants.

U.S. Department of Agriculture, Food and Consumer Service. *Child and Adult Care Food Program: Nutrition guidance for child care centers*. Alexandria, VA: Child Nutrition Division, Food and Consumer Service, U.S. Department of Agriculture, 1995. 116 pp.

Contact: Child and Adult Care Food Program director at the state administering agency—Department of Education, alternate state agency, or Food and Consumer Service Regional Office. Available to participating CACFP institutions at no charge.

This manual identifies the food responsibilities of child care centers in the Child and Adult Care Food Program, and encourages achieving the *Dietary Guidelines for Americans* within the current meal patterns. It provides sample menus and menu planning ideas; emphasizes family-style food service and nutrition education activity; and includes food buying tips and storage information, food safety and sanitation guidance, and the CACFP recordkeeping requirements.

U.S. Department of Agriculture, Food and Consumer Service. *Child and Adult Care Food Program: Nutrition guidance for child care homes*. Alexandria, VA: Child Nutrition Division, Food and Consumer Service, U.S. Department of Agriculture, 1995. 96 pp.

Contact: Child and Adult Care Food Program director at the state administering agency—Department of Education, alternate state agency, or Food and Consumer Service Regional Office. Available to participating CACFP institutions at no charge.

This manual identifies the food responsibilities of child care home providers in the Child and Adult Care Food Program, and encourages achievement of the *Dietary Guidelines for Americans* within the current CACFP meal patterns. It includes menu planning suggestions, sample menus, food buying and shopping tips, sanitation and food safety guidance, and nutrition education ideas.



Alexandria, VA 22302. Telephone: (703) 305-2556. Available at no charge. For quantities of fewer than 10, send written request to above address; for quantities of more than 10, contact state agency. NMCHC inv.code F014; FNS-279.

This manual with a multicolored poster was developed jointly by the U.S. Departments of Agriculture (USDA) and Health and Human Services (DHHS). Food service professionals will find guidance for implementing the 1990 Dietary Guidelines for Americans in the Child Nutrition Programs. Practical suggestions for meal planning and activities are presented for each of the dietary guidelines, and, when appropriate, for varying age groups. The publication is designed for a large audience ranging from directors of multiunit school systems to family child care providers and food service managers in adult and child care centers. The information is also useful for others in the education community who are interested in nutrition, including teachers, parents, and administrators who participate in the programs.

U.S. Department of Agriculture, Food and Consumer Service. *Breastfed babies welcome here packet*. Alexandria, VA: Nutrition and Technical Services Division, Food and Consumer Service, U.S. Department of Agriculture, 1993.

Contact: Nutrition and Technical Services Division, Food and Consumer Service, USDA, 3101 Park Center Drive, Room 609, Alexandria, VA 22310. Telephone: (703) 305-2554, fax (703) 305-2459. Entire packet or individual pieces available at no charge.

This packet consists of three materials. A poster that can be displayed in homes and centers; a mother's guide that can be used to promote breastfeeding and to provide information on how to transition breastfed infants into a child care setting; and a guide for child care providers on how to care for breastfed babies and how to safely store and handle breast milk.

U.S. Department of Agriculture, Food and Consumer Service. *Child and Adult Care Food Program: Child care centers handbook*. Alexandria, VA: Child Nutrition Division, Food and Consumer Service, U.S. Department of Agriculture, 1995. 93 pp.

Contact: Child and Adult Care Food Program Director at the state administering agency—Department of Education, alternate state agency, or Food and Consumer Service Regional Office. Available to participating CACFP institutions at no charge.

This manual provides administrative guidance, sample forms and resources for Child and Adult Care Food Program operations by independent child care centers and by sponsored centers and their sponsoring organizations.



*Satter, E. ***Feeding with love and good sense***. Palo Alto, CA: Bull Publishing Company, 1989. One videotape (60 minutes, VHS).

Contact: Publications Manager, Bull Publishing Company, P.O. Box 208, Palo Alto, CA 94302. Telephone: (415) 322-2855. \$149.95 for set of four tapes (or \$49.95 each).

This videotape trains child caregivers in centers and in the home on how to promote effective feeding interactions between children and adults. The videotape is organized according to the age of the child: infant, older baby, toddler, and preschooler.

Tatum, P. S. ***Promoting wellness: A nutrition, health and safety manual for family child care providers***. Atlanta, GA: Save the Children Child Care Support Center, 1994. 390 pp.

Contact: Save the Children Child Care Support Center, 1447 Peachtree Street, N.E., Suite 700, Atlanta, GA 30309. Telephone: (404) 885-1578. Price unknown.

This manual was designed for use by sponsor organizations of the Child and Adult Care Food Program in training family child care providers. It serves as a reference book for the child care provider about nutrition or health and safety questions and new recipes and fun activities for the children. It is also designed to help providers make dietary changes and to serve as a resource for trainers. Sections include a trainer's introduction, mealtime in the family child care home, understanding the dietary guidelines, changing your diet using the dietary guidelines, recipes and learning activities for children, preventing infectious disease and foodborne illness, providing safe environments, and parents' pages.

Tri-County Health Department (Colorado). ***Get a healthy head start with smile saving snacks***. Englewood, CO: Tri-County Health Department, 1989. Two volumes.

Contact: Nutrition Division, Tri-County Health Department, 7000 E. Belleview, Suite 301, Englewood, CO 80111. Telephone: (303) 220-9200. \$3.00; curriculum guide \$1.50.

This booklet for preschool/early elementary age children and their parents and curriculum guide for teachers focus on nutritious snacking and dental care. They provide ideas for healthy snacks and activities to motivate young children toward healthy habits. The same subject matter and icons used in the Head Start Nutrition Education curriculum are used in these materials.

U.S. Department of Agriculture, Food and Consumer Service, and U.S. Department of Health and Human Services. ***Building for the future: Nutrition guidance for the child nutrition programs***. Washington, DC: U.S. Department of Agriculture, 1992. 61 pp.

Contact: Nutrition and Technical Services Division, Food and Consumer Service, USDA, Nutrition and Technical Services Division, 3101 Park Center Drive, Room 607,



This 10-minute videotape is for food service staff in child care centers and /or family day care providers. Childhood nutrition, basic meal management techniques, and child care food program meal pattern requirements are discussed. Written materials that reinforce the concepts presented accompany the videotape.

New Mexico Health and Environment Department, Public Health Division, Nutrition Section, New Mexico Child Care Food Program. ***I like lunch best: A training tape on family style meal service***. Santa Fe, NM: New Mexico Health and Environment Department, 1987. One videotape.

Contact: Preventive Services Division, Children, Youth, and Families Department, Family Nutrition Bureau, 2329 Wisconsin, N.E., Suite B, Albuquerque, NM 87110. Telephone: (505) 841-9410. \$35.00, available for preview at no charge.

This 12-minute videotape is for child care providers, parents, child care food program staff, nutritionists, and dietitians. It covers important features of family-style meal service in the child care setting and includes a brochure on family-style meal service.

*Ohio Department of Health and Ohio Department of Human Services. ***Health and safety in family day care: An introductory course for family day care providers***. Columbus, OH: Ohio Department of Health and Ohio Department of Human Services, 1993. Three notebooks with trainer guides, one audiocassette, two videotapes, three sets of slides, assorted handouts and evaluation forms.

Contact: Librarian, National Center for Education in Maternal and Child Health, 2000 15th Street, North, Suite 701, McLean, VA 22201-2617. Telephone: (703) 524-7802, fax (703) 524-9335. Available on loan. NMCHC inv.code G048, G086 (order form).

This training package is designed to increase the awareness of family child care providers about their role in creating a safe and healthy environment for children in their care. Six modules are contained within three volumes: Volume I—communicable disease, home safety, and first aid; Volume II—food safety and nutrition; and Volume III—managing children's behavior. Each module presents information on the topic, as well as goals, learning objectives, learning strategies, evaluation criteria, and teaching aids and resources. The module on nutrition contains 33 color slides of child feeding situations and a pamphlet on helping children develop good eating habits. The goals of the nutrition module are: (1) to provide information about caregiver responsibilities in nutrition and feeding; (2) to provide information about child responsibilities in eating; (3) to provide information about how developmental stages affect feeding; and (4) to encourage the caregiver to accept that she may help a child form healthy ideas about food.



Contact: Children's Foundation, 725 15th Street, N.W., Suite 505, Washington, DC 20005. Telephone: (202) 347-3300. \$15.95 plus 15 percent shipping and handling; make checks payable to The Children's Foundation.

This manual was written for individuals who provide child care in their homes. Chapters cover physical arrangement of the home; general information about infant and child growth and development; nutrition and feeding; health, safety, and first aid; the business aspects of running home child care services; and the parent-caregiver relationship. The appendix includes a description of common infant health problems, a list of items for a first aid kit, and instructions for making home-made toys and activities.

National Association of Pediatric Nurse Associates and Practitioners. ***Starting solids: A guide for parents and child care providers.*** Cherry Hill, NJ: National Association of Pediatric Nurse Associates and Practitioners, 1993. 2 pp.

Contact: National Association of Pediatric Nurse Associates and Practitioners, 1101 Kings Highway, North, Suite 206, Cherry Hill, NJ 08034. Telephone: (609) 667-1773.

This pamphlet provides guidelines for parents and child care providers on introducing infants to solid food, as well as tips for keeping mealtimes safe. The schedule of introducing appropriate foods to infants in each age range is detailed along with normal infant development. The pamphlet also contains a first aid chart illustrating the procedures to follow when an infant is choking.

*National Child Nutrition Project. ***Breastfed infants and you: A manual for child care providers.*** Philadelphia, PA: National Child Nutrition Project, 1988. 15 pp.

Contact: Librarian, National Center for Education in Maternal and Child Health, 2000 15th Street North, Suite 701, Arlington, VA 22201-2617. Telephone: (703) 524-7802, fax (703) 524-9335. Available for loan.

This manual for child care providers of breastfed babies presents information on the advantages of breastfeeding, handling and storage of breast milk, and coordinating infant feeding with mothers' work schedules.

New Mexico Health and Environment Department, Family Nutrition Section. ***Planning meals for kids: A food service training tape for day care staff.*** Santa Fe, NM: New Mexico Health and Environment Department, 1989. 1 pp.

Contact: Preventive Services Division, Children, Youth, and Families Department, Family Nutrition Bureau, 2329 Wisconsin, N.E., Suite B, Albuquerque, NM 87110. Telephone: (505) 841-9410. \$35.00, available for preview at no charge.



Curriculum. It is designed to actively involve parents in the education of their children by demonstrating how they can contribute to and assist their children in reaching nutrition education goals. This kit provides display ideas, reproducible parent newsletters, and suggestions for planning successful parent workshops.

Montana Department of Health and Environmental Sciences, Montana Child Nutrition Program, Montana Child and Adult Care Food Program. ***Beans, peas, and broccoli trees: Implementing the Dietary Guidelines in child care programs*** Billings, MT: Montana Child and Adult Care Food Program, Montana Department of Health and Environmental Sciences, 1993. One videotape (50 min., VHS 1/2 inch), one teaching guide (3 pp.), one study guide (7 pp.).

Contact: Production West, 1001 South 24th Street West, Suite 311, Billings, MT 59102. Telephone: (800) 321-9499. \$29.95 (includes shipping and handling).

This information package contains a video, a leader's guide, and a participant's guide that teach child care providers and parents essential information about nutrition. The package interprets information contained in the USDA Dietary Guidelines discussed in *Building for the Future*. The video presents five 10-minute sections covering dietary guidelines, planning cycle menus, purchasing nutritious goods, food preparation, and promoting healthy choices. The leader's guide offers suggestions for presenting the video and suggests topics for discussion, and the participant's guide reinforces the main concepts presented in the video.

*Morris, P. M., and Hynes, M. H. ***Training for healthy eating: A curriculum guide for preschool teachers*** Washington, DC: Public Voice for Food and Health Policy, 1992. 58 pp.

Contact: Patricia McGrath Morris, Director of Nutrition, Public Voice for Food and Health Policy, 1001 Connecticut Avenue, N.W., Suite 522, Washington, DC 20036. Telephone: (202) 371-1840, fax (202) 659-3683. \$10.00.

This teaching guide assists educators in teaching preschool children to eat a variety of foods and make healthy food choices. The curriculum, composed of eight nutrition units, supports exploration of nutrition topics every day for 1 week a month or once a week throughout the school year. The units are designed to be integrated with themes frequently used by teachers of young children. Each unit contains a variety of student activities, suggested related recipes, children's literature, dramatic play, field trips, and family activities. The centerpiece of the materials is a food train, which is based on the six food groups in USDA's Food Guide Pyramid.

*Nash, M., Tate, C., Gellert, S., and Donehoo, B. ***Better baby care: A book for family day care providers (revised edition)***. Washington, DC: Children's Foundation, 1993. 150 pp.



524-7802. Photocopies available at no charge.

This pamphlet provides a checklist for keeping a baby safe. It covers bedroom, bathroom, and kitchen areas as well as general safety, and suggests interventions that parents can use.

*Ingram, P., and Klimas, M. A. *Nutrition guidebook for day care providers*. San Diego, CA: San Diego State University, 1990. 58 pp. plus nine booklets, brochures, and flyers.

Contact: Dr. Ofelia Dirige, Division of Maternal and Child Health, Graduate School of Public Health, San Diego State University, 6505 Alvarado Road, Suite 205, San Diego, CA 92120. Telephone: (619) 594-6317. \$10.00 postage and handling.

This reference manual for child care providers contains nutrition guidelines for children in child care settings. It includes seven chapters on developing good food habits, basic four food guide, feeding guidelines (infants, toddlers, preschool and school-age children), menu planning, common nutrition problems, feeding tips for parents, sanitation and safety, and a reference section on nutrition resources in the community.

Lewis, M., Byrd-Bredbenner, C., and Bernstein, J. *Head Start nutrition education curriculum = Children, get a headstart on the road to good nutrition*. Washington, DC: Head Start Bureau, U.S. Department of Health and Human Services, 1988. 339 pp.

Contact: Librarian, National Center for Education in Maternal and Child Health, 2000 15th Street North, Suite 701, Arlington, VA 22201-2617. Telephone: (703) 524-7802, fax (703) 524-9335. Out of print; available for loan only.

This nutrition education curriculum for preschool children in Head Start was designed to promote learning in 3 to 5 year olds with varying skills and abilities. The curriculum uses a multidisciplinary approach to nutrition by combining nutrition information with other subject matter areas (language, arts, mathematics, physical development, food preparation, the arts, social studies, music). The curriculum is organized into nine units, titled (1) Food Makes Me Me, (2) Planning to Feed Me, (3) Clean Eating, (4) Variety Surrounds Me, (5) Food is Sens-ational, (6) Food Origins, (7) Body Building Basics, (8) Eating the Basic Ways, and (9) Special Occasion Foods. Special notes and recommendations are provided for planning and supervising cooking experiences with Head Start Children. References and sources of nutrition education teaching aids are provided.

Lewis, M., Byrd-Bredbenner, C., and Bernstein, J. *Head Start nutrition education curriculum: Parent nutrition kit*. Washington, DC: Head Start Bureau, U.S. Department of Health and Human Services, 1988. 56 pp.

Contact: Head Start Bureau, U.S. Department of Health and Human Services, Washington, DC.

This teaching guide was developed as a part of the Head Start Nutrition Education



Eliades, D. C., and Sutor, C. W. ***Celebrating diversity: Approaching families through their food.*** Arlington, VA: National Center for Education in Maternal and Child Health, 1994. 70 pp.

Contact: National Maternal and Child Health Clearinghouse, 2070 Chain Bridge Road, Suite 450, Vienna, VA 22182-2536. Telephone: (703) 821-8955, ext. 254, fax (703) 821-2098. 1-4 copies \$6.50 each, 5-15 copies \$4.00 each, 16-30 copies \$3.00 each, 31-100 copies \$2.75 each, more than 100 copies \$2.50 each; prepayment required. NMCHC inv.code H006.

This guide presents ideas and suggestions on how to communicate nutrition education messages to people from a variety of cultural backgrounds. It discusses using food to create common ground, how food patterns change among immigrants, how people make food choices, communicating with clients and families, working within the community, and meeting the challenge of the multilingual environment. The guide was supported by the Maternal and Child Health Bureau, U.S. Department of Health and Human Services, and the Food and Nutrition Service, U.S. Department of Agriculture.

*Gillis, J., and Fise, M. E. R. ***The childwise catalog (revised edition).*** New York, NY: Harper and Row, 1990. 404 pp.

Contact: Harper and Row, 10 East 53rd Street, New York, NY 10022. Telephone: (212) 207-7000. \$12.95.

This publication is a consumer's guide to purchasing the safest and best products for children, covering everything from clothing to toys to walkers, etc.

Health and Family Associates. ***Food for learning: A nutrition education training videotape for child care staff, providers and parents.*** Albuquerque, NM: Health and Family Associates, 1990. 1 videotape.

Contact: Health and Family Associates, P.O. Box 11775, Albuquerque, NM 87192-0775. \$45.00 plus \$2.48 tax; make check or money order payable to Health and Family Associates, Incorporated.

This 15-minute videotape is designed to train child care staff, providers, and parents in the appropriate ways of planning and conducting nutrition education activities for young children. It is available in English and Spanish.

*Healthy Mothers, Healthy Babies Coalition, Injury Prevention Subcommittee. ***Home safety tips: You can keep your baby safe.*** Washington, DC: Healthy Mothers, Healthy Babies Coalition, 1991. 15 pp.

Contact: Information Services, National Center for Education in Maternal and Child Health, 2000 15th Street North, Suite 701, Arlington, VA 22201-2617. Telephone: (703)



California Child Care Resource and Referral Network. *Recursos/resources: A bibliography of Spanish-language family day care training materials*. San Francisco, CA: California Child Care Initiative Project, 1994. 18 pp.

Contact: California Child Care Resource and Referral Network, 111 New Montgomery Street, 7th Floor, San Francisco, CA 94105. Telephone: (415) 882-0234, fax (415) 882-6233. \$12.50, includes shipping and handling.

This bibliography lists materials in Spanish that were produced by family child care training projects or other educational organizations in the United States and Canada. It includes sections on recruitment; training manuals; licensing, regulations, and the business aspects of running family child care centers; health and safety; food and nutrition; working with parents; working with children; and resources from programs supporting child care providers. Several magazine articles in Spanish are cited, and a list of organizations with resources in Spanish is included.

Children's Foundation. *The Child and Adult Care Food Program sponsorship for family day care*. Washington, DC: Children's Foundation, 1994. 4 pp.

Contact: Publications Department, Children's Foundation, 725 15th Street, N.W., Suite 505, Washington, DC 20005-2109. Telephone: (202) 347-3300. \$3.00 plus 15 percent shipping and handling; prepayment required; make check payable to The Children's Foundation.

This pamphlet explains the Child and Adult Care Food Program (CACFP) which offers cash reimbursements and donated commodities to help child care facilities serve nutritious food to children. This pamphlet explains the components of the program that relate to child care providers and to their sponsors. The sponsors are local or statewide organizations that provide administration services to the providers participating in the program. Contact information is provided for the regional offices of the Department of Agriculture that administer the program.

*Edelstein, S. *Nutrition and meal planning in child-care programs: A practical guide*. Chicago, IL: American Dietetic Association, 1992. 94 pp.

Contact: American Dietetic Association, P.O. Box 4729, Department 0195, Chicago, IL 60680-4729. Telephone: (800) 745-0775, ext. 5000. \$19.00 (includes shipping and handling); catalog number 0195.

This manual will assist child care providers in planning nutritious meals for children at child care centers or family day care homes. The manual is based on the daily food and serving recommendations of the U.S. Department of Agriculture. Nutritional requirements of infants and children, sample menus for child care centers, and a list of resource agencies are also included.



offers ideas on menu planning, purchasing, preparing, and serving. It includes recipes and hands-on activities to help children learn about fruits and vegetables. It is available in English and Spanish.

Aronson, S. ***Health and safety in childcare***. New York, NY: HarperCollins, 1991. 246 pp.

Contact: College Customer Service, HarperCollins Publishers, 1900 Eastlake Avenue, Glenview, IL 60025. Telephone: (800) 782-2665. \$30.50 plus \$3.00 shipping and handling.

This textbook provides information on managing health and safety issues in child care settings. Topics discussed include general health, nutrition, playground safety, infectious disease, managing illness in the child care setting, and child abuse. Suggested activities are listed as a guide to instructors who are using the book as a course text. The appendices include practical guides and forms to be used by child care providers.

*Berman, C., and Fromer, J. ***Meals without squeals: Child care feeding guide and cookbook***. Palo Alto, CA: Bull Publishing Company, 1991. 240 pp.

Contact: Bull Publishing Company, P.O. Box 208, Palo Alto, CA 94302-0208. Telephone: (415) 322-2855. \$14.95 plus \$3.00 shipping and handling.

This guide, written for parents and professionals, provides information on nutrition and growth in children, solutions to common feeding problems, and ways to offer children positive learning experiences with food and nutrition. The book addresses the basics of good nutrition, specific nutritional needs of children at various stages of development, special problems and concerns such as allergies and lactose intolerance, sample menus, teaching nutrition to children, and appreciating different cultures. Additional references and resources are also provided.

*California Child Care Resource and Referral Network. ***Family day care handbook (5th edition)***. San Francisco, CA: California Child Care Resource and Referral Network, 1993. 405 pp.

Contact: California Child Care Resource and Referral Network, 111 New Montgomery Street, 7th Floor, San Francisco, CA 94105. Telephone: (415) 882-0234. \$45.00 plus \$4.00 UPS shipping; prepayment required (discount for bulk orders).

This handbook is designed to offer comprehensive information and support to family child care providers. Topics in the handbook include: getting started; business aspects; working with parents; health and safety; food and nutrition; and working with children (including growth and development). Helpful tips appear throughout the handbook based on the experiences of family child care providers in California and throughout the country. A resource list of publications and organizations is provided.



American Dietetic Association. Position of the American Dietetic Association: Nutrition standards for child care programs. *Journal of the American Dietetic Association* 94(3):323. March 1994.

Contact: American Dietetic Association, 216 West Jackson, Chicago, IL 60606. Telephone: (800) 877-1600. Single copies available at no charge.

This article presents the American Dietetic Association's position on standards for nutrition programs in child care settings. The article provides specific guidelines for meal plans, the preparation and food service components, nutrition consultation and guidelines, nutrition education and training, physical and emotional environment, and compliance with local and state regulations.

*American Public Health Association and American Academy of Pediatrics. *National health and safety performance standards: Guidelines for out-of-home child care programs*. Arlington, VA: National Center for Education in Maternal and Child Health, 1994. 410 pp.

Contact: National Maternal and Child Health Clearinghouse, 2070 Chain Bridge Road, Suite 450, Vienna, VA 22182-2536. Telephone: (703) 821-8955, fax (703) 821-2098. Available at no charge. NMCHC inv.code G092.

This manual is a reprint of the publication *Caring for Our Children: National Health and Performance Standards—Guidelines for Out-of-Home Child Care Programs*, published in 1992 by the American Public Health Association and the American Academy of Pediatrics. The manual describes standards that address these topics: staffing; program activities for healthy development; health protection and health promotion; nutrition and food service; facilities, supplies, equipment, and transportation; infectious diseases; children with special needs; administration; and recommendations for licensing and community action. The publication also provides the rationale for each standard, along with comments and resources for obtaining more information. Distinctions are made between standards that apply to child care centers, large family child care homes, and small family child care homes.

Arizona Department of Health Services, Office of Nutrition Services. *Arizona 5 a day for better health: Fruit and vegetable activity book for child care programs*. Phoenix, AZ: Office of Nutrition Services, Arizona Department of Health Services, 1991. 48 pp.

Contact: Office of Nutrition Services, Arizona Department of Health Services, 1740 West Adams Street, Phoenix, AZ 85007. Telephone: (602) 542-1886. Available at no charge to Arizona programs; single copy available at no charge to out-of-state programs.

This book suggests ways to increase the number of servings of fruits and vegetables for children and adults. It provides information on the nutrients in fruits and vegetables and



RESOURCE LIST

The materials in this list are for use by child care staff, children, or parents, or may be adapted for use in a child care setting. These materials provide additional information on topics discussed in the book.

Titles indicated by an asterisk (*) were used in the preparation of this book.

American Academy of Pediatrics, American Dietetic Association, and Food Marketing Institute. ***Healthy start—Food to grow on.*** Elk Grove Village, IL: American Academy of Pediatrics, 1990. 2 pp.

Contact: American Dietetic Association, 216 West Jackson Boulevard, Chicago, IL 60606-6995. Telephone: (312) 899-4474. The Supermarket Kits may be purchased by members for \$25.00 and nonmembers for \$29.00 with a \$3.50 shipping and handling charge. Credit card and purchase orders should be placed through the address or telephone number above. Prepaid orders should be sent to: Sales Department, The American Dietetic Association, P.O. Box 97215, Chicago, IL 60678-7215.

This information and education campaign promotes healthful food choices and eating habits for families with young children ages 2 to 6. The campaign is a cooperative effort by the American Academy of Pediatrics (AAP), the American Dietetic Association (ADA), and the Food Marketing Institute (FMI). The Healthy Start Supermarket Kit contains four colorful nutrition brochures covering basic nutrition and food needs for young children; reproducible quarterly newsletters for parents focusing on topics such as sugar and sweeteners, physical activity, and fast foods; a reproducible parent/child activity booklet written for children ages 5 and 6 about the relationship between food and health; and a supermarket implementation guide.

American Academy of Pediatrics, Committee on Nutrition. ***Pediatric nutrition handbook (3rd edition).*** Elk Grove Village, IL: American Academy of Pediatrics, 1993. 472 pp.

Contact: American Academy of Pediatrics, 141 Northwest Point Boulevard, P.O. Box 927, Elk Grove Village, IL 60009-0927. Telephone: (800) 433-9016 or (708) 228-5005, fax (708) 228-5097. \$45.00 members, \$51.95 nonmembers, plus \$8.50 shipping and handling.

This guidebook is a ready desk reference on the nutritional requirements and impact of nutritional status on the health of infants, children, and adolescents. It discusses feeding infants and children, basic nutrition information, nutrition in disease, and dietary modifications.



COMMUNITY RESOURCES

In your community, there are many people who can help you provide nutrition education and nutritious and safe food to the children. Use the spaces below to write down the telephone numbers for your community resources.

PROGRAM/PERSON	TELEPHONE NUMBER
Local Health Department	_____
Child and Adult Care Food Program	_____
Expanded Food and Nutrition Education Program (EFNEP)	_____
Nutrition Education and Training (NET) Program	_____
Head Start Program	_____
Community College Dietary Technician Program	_____
Cooperative Extension Service	_____
Child Care Nutrition Specialist	_____
WIC Nutritionist	_____
Local Sanitation Inspector	_____
Registered Dietitian (working in local hospital or community health program)	_____
University Extension Food and Nutrition Specialist	_____
Home Economics/Family Life Teacher	_____

In addition to these community resources, here are some telephone numbers for national hotlines where you can get help:

- USDA Meat and Poultry Hotline** (for information about food handling)1(800) 535-4555
10-4 weekdays Eastern time
- ADA Consumer Nutrition Hotline**1(800) 366-1655
- FDA Seafood Hotline**1(800) 332-4010
12-4 weekdays Eastern time

APPENDIX

