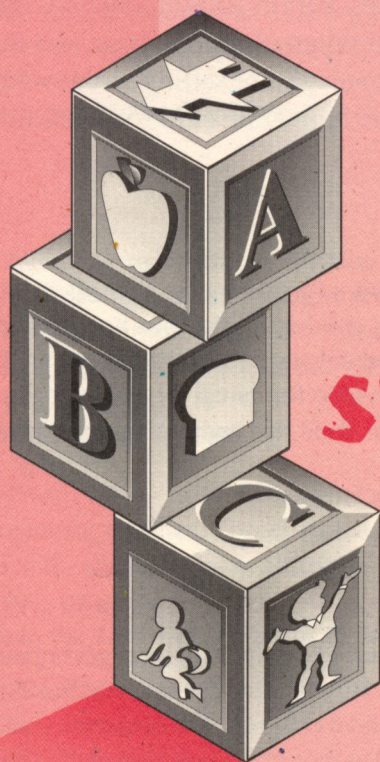


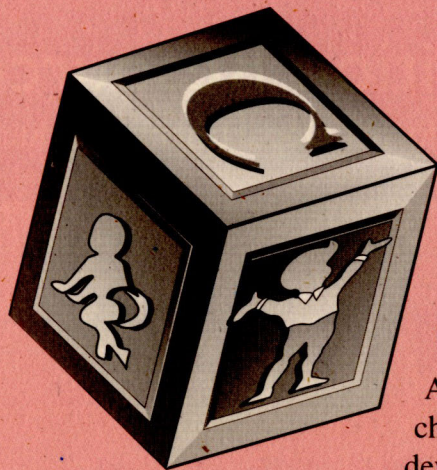
Child Nutrition Resources

Available from the California Department of Education



**GIVING
KIDS A
HEALTHY
START**

CALIFORNIA DEPARTMENT
OF EDUCATION



GIVING KIDS A HEALTHY START

Traditionally, the preschool child's food-selection habits were influenced primarily by the child's family. This influence, however, has changed in recent times. As increasing numbers of children are being enrolled in child care facilities for an average of nine to ten hours a day, children are now eating one or two meals plus snacks each day away from their families. Therefore, child development programs have an important responsibility to help children learn healthy eating habits early in life.

As part of a comprehensive health initiative, the goal of the Shaping Healthy Choices Campaign is to educate children about nutrition and to improve the quality of meals served to children. To help caregivers in child development settings achieve this goal, the California Department of Education has developed a variety of educational resources as described below.

Ingredients for a Good Start

This video is designed to answer questions a caregiver may have about when, what, and how to feed infants and young children. It explains how children's food needs are influenced by developmental stages and temperament. This is a particularly appropriate and useful video for caregivers and parents whose goal is to offer children nutritious food in a supportive and caring atmosphere.

Item No. 1169—\$17.00

Today's Special: A Fresh Approach to Meals for Preschoolers

This video and its accompanying magazine can help caregivers get organized to create healthy meals. It provides tips for planning menus, purchasing ingredients, and preparing food for preschool children. The magazine contains recipes that are demonstrated in the video by a child nutrition chef. The demonstrated recipes are also contained in the recipe book *Children's Choices*.

English, Item No. 1260—\$17.00

Spanish, Item No. 1262—\$17.00

50 additional video magazines (English), Item No. 9780—\$16.00

50 additional video magazines (Spanish), Item No. 9773—\$16.00

Please note that additional video magazines will be sold only in sets of 50.

Room at the Table: Meeting Children's Special Needs at Mealtime

This video captures a dynamic discussion among caregivers about supporting children's special needs at mealtime and presents effective strategies for helping children have successful and happy mealtimes. The video magazine contains information on adapting meals to individual needs and strategies for assisting children with their eating skills.

Item No. 1318—\$17.00

Children's Choices: A Cookbook for Family Child Care Providers

This spiral-bound cookbook presents over 100 recipes that have been tested by children. It is well illustrated with an easy-to-follow format showing step-by-step recipe instructions. The cookbook provides substantial nutritional information, including a listing of the nutrients for each recipe. It is filled with practical hints for planning and preparing meals and even has a section that contains a suggested four-week menu cycle. The cookbook also presents ideas for parties and special occasions.

166 pages, illustrated, spiral-bound

Item No. 1143—\$12.95

