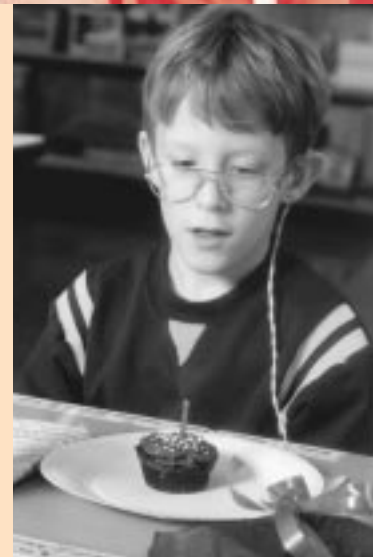


# Early Childhood Nutrition Resource Guide

*June 1998*



# EARLY CHILDHOOD NUTRITION RESOURCE GUIDE

JUNE 1998

NATIONAL CENTER FOR EDUCATION IN MATERNAL AND  
CHILD HEALTH  
ARLINGTON, VA

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(703) 356-1964  
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*For programmatic information, please contact:*

Phyllis Stubbs-Wynn, M.D., M.P.H.  
Maternal and Child Health Bureau  
5600 Fishers Lane  
Parklawn Building, Room 18A-39  
Rockville, MD 20857  
(301) 443-6600

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# CONTENTS

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**Introduction v**

**Acknowledgments v**

**Publications and Resource Materials 1**

Activities for Children 3

Bibliographies and Catalogs 6

Books 7

Curricula, Manuals, and Modules 12

Guidelines 18

Pamphlets and Brochures 20

Reports 24

Resource Packets 26

Videotapes 28

**Agencies and Organizations 31**

Federal Agencies 33

Federally Funded Projects 35

Professional Organizations 38

Voluntary Organizations 39



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# INTRODUCTION

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The Maternal and Child Health Bureau (MCHB), Health Resources and Services Administration, has had a long commitment to promoting health and safety in child care settings. MCHB and the National Center for Education in Maternal and Child Health (NCEMCH) have compiled this resource guide to assist providers of nutrition services to children ages 2 to 6 years and their families. This guide is designed to promote the exchange of information that will help children and their families learn healthy eating habits with a lifetime of benefits.

Early childhood is an excellent time to teach children about eating healthy foods. Children of this age are impressionable and easily influenced by the food preferences of peers, teachers, and caregivers. Parents are primary role models for food choices and eating styles, and child care centers are an increasingly significant source of information about food and nutrition for young children. Healthy habits taught and demonstrated to young children can set the foundation for healthy eating and lifestyle habits that may help reduce their future risk of obesity, heart disease, and cancer.

The guide is divided into two sections. The first section contains materials developed since 1995 and organized into these categories: activities for children; bibliographies and catalogs; books; curricula, manuals, and modules; guidelines; pamphlets and brochures; reports; resource packets; and videotapes. The second section lists federal agencies, federally supported projects, professional organizations, and voluntary organizations that may serve as resources. Materials cited in the resource guide have been added to the MCH Library at NCEMCH. Many items in the MCH Library are available for loan, or copies of listed materials can be requested directly from the contributing organizations and agencies. Inclusion in the resource guide does not imply endorsement by MCHB or NCEMCH. Although we have tried to present a thorough overview of early childhood nutrition materials, we realize this is not a complete listing. For further information, we encourage you to contact the agencies and organizations listed in the second section. Your state and local departments of public health and education are additional sources of information. NCEMCH will update the resource guide periodically, and we would appreciate hearing from you if you know of any resources that are not included in this edition.

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# ACKNOWLEDGMENTS

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We are grateful to the following experts for their review of the resource guide: Robin Brocato, Head Start Bureau; Vernice Christian, Food and Nutrition Information Center; Jane Coury, Maternal and Child Health Bureau; Nancy Gaston, Center for Nutrition Policy and Promotion; Myrtle Hogbin, Center for Nutrition Policy and Promotion; Van Hubbard, National Institutes of Health; Naomi Kulkow, Food and Drug Administration; Brenda Lisi, Food and Nutrition Service;

Catherine Tarone, Center for Nutrition Policy and Promotion; and Phyllis Stubbs-Wynn, Maternal and Child Health Bureau.

We would also like to thank those who responded to the call for materials and submitted items for the resource guide.



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# PUBLICATIONS AND RESOURCE MATERIALS

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# ACTIVITIES FOR CHILDREN

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BAER, E.

**This is the way we eat our lunch: A book about children around the world.**

New York, NY: Scholastic, 1995. 38 pp.

*Contact:* Publications Department, Families and Work Institute, 330 Seventh Avenue, 14th Floor, New York, NY 10001. Telephone: (800) 325-6149; fax: (212) 465-8637; Web site: <http://www.familiesandwork.org>. \$14.95 plus 9 percent shipping and handling.

This rhyming, illustrated children's book shows the variety of lunchtime meals eaten by children throughout the world. The book presents recipes for three dishes mentioned in the text and includes a glossary of terms.

BUHR, S. E., AND WINTER, A. D.

**Pyramid domino game.**

Valley City, ND: Young People's Healthy Heart Program, Mercy Hospital, 1995. 39 pp.

*Contact:* Gerri Hammond, Young People's Healthy Heart Program, Mercy Hospital, 570 Chautauqua Boulevard, Valley City, ND 58072. Telephone: (701) 845-0440, ext. 6456. \$9.25 plus 7 percent shipping and handling.

This set of dominoes is designed to help children understand the five basic food groups and the food pyramid. The dominoes show pictures of whole food groups, individual foods for a specific food group, and general "pyramid pal" characters. An accompanying instruction sheet includes a sample layout and ideas to enhance the game.

BUHR, S. E., AND WINTER, A. D.

**Pyramid trivia.**

Valley City, ND: Young People's Healthy Heart Program, Mercy Hospital, 1995. 9 pp.

*Contact:* Gerri Hammond, Young People's Healthy Heart Program, Mercy Hospital, 570 Chautauqua Boulevard, Valley City, ND 58072. Telephone: (701) 845-0440, ext. 6456. \$3.75 plus 7 percent shipping and handling.

This kit contains materials for a trivia game that teaches children about the food pyramid and the five basic food groups. Five colored disks represent five trivia categories that children pick out of a hat. The game also contains a fact sheet of trivia questions for each category.

CRIST, V. W., AND WASSERMAN, D.

**Leprechaun cake and other tales: A vegetarian story-cookbook.**

Baltimore, MD: Vegetarian Resource Group, 1995. 128 pp.

*Contact:* Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. Telephone: (410) 366-8343; fax: (410) 366-8804; Web site: <http://www.vrg.org/catalog>. \$10.00 plus \$2.00 shipping and handling.

This illustrated children's cookbook contains vegetarian recipes and children's stories. The book gives tips for kitchen and cooking safety, and explanations of cooking terms. The recipes have an international flavor, featuring dishes from around the world. Each recipe includes advice to children about when to ask an adult for help.

DOLE FOOD COMPANY.

**5 a Day adventures. (Rev. ed.)**

San Mateo, CA: Dole Food Company, 1997. 1 CD-ROM.

*Contact:* Dole Food Company, 155 Bovet, Suite 476, San Mateo, CA 94402. Telephone: (650) 570-4378; fax: (650) 570-5250; Web site: <http://www.dole5aday.com>. Available at no charge to schools; \$14.95 for individuals.

This CD-ROM program is designed to help children learn about fruits and vegetables and the benefits of eating five or more servings of these each day, and to motivate children to include five servings in their daily diet. Designed to be used by children interactively, the program features a combination of music, animation, and video-recording.

LOMBARDO, M.

**The OrganWise guys activity book: Games, puzzles and fun teaching about being smart from the inside out.**

Duluth, GA: Wellness Incorporated, 1998. 20 pp.

*Contact:* Michelle Lombardo, Wellness Incorporated, 3000 Coles Way, Atlanta, GA 30350. Telephone: (770) 495-0374; fax: (770) 495-0375. \$4.95.

This children's coloring book contains activities for parents and children to do together. The characters are intended to teach children to make smart choices and realize their role in being healthy. The goal of this interaction is to lessen the mealtime struggle parents face when encouraging children to make healthy food choices.

LOMBARDO, M.

**The OrganWise guys: A book about how to be smart from the inside out.**

Duluth, GA: Wellness Incorporated, 1996. ca. 30 pp.

*Contact:* Michelle Lombardo, Wellness Incorporated, 3000 Coles Way, Atlanta, GA 30350. Telephone: (770) 495-0374; fax: (770) 495-0375. \$14.95.

This illustrated children's book teaches children about their heart, brain, kidneys, liver, intestines, pancreas, stomach, lungs, veins, arteries, and muscles. The book also teaches rules of good health and about keeping blood cholesterol levels low, exercise, nutrition, use of water, and fiber.

MAGEE, E.

**Someone's in the kitchen with Mommy: More than 100 easy recipes and fun crafts for parents and kids.**

Chicago, IL: Contemporary Books, 1998. 176 pp.

*Contact:* Nutrition Counseling Education Services, 1904 East 123rd Street, Olathe, KS 66061. Telephone: (800) 445-5653; fax: (800) 251-9349. \$15.95 plus \$4.50 shipping and handling.

This cookbook presents easy recipes for parents and children to prepare together. The cookbook contains recipes for breakfast, lunch, dinner, snacks, and desserts. Also featured are recipes for holidays, ideas for party activities, and suggestions for homemade treats to give to teachers.

Each recipe identifies the preparation steps intended for parents and those intended for children. An index is included.

MANAHAN, L., AND MANAHAM, M.

**Food pyramid coloring and workbook.**

Walla Walla, WA: Yummy Designs, 1997. 12 pp.

*Contact:* Yummy Designs, P.O. Box 1851, Walla Walla, WA 99362. Telephone: (509) 525-2072; fax: (509) 525-2072. \$1.50, discounts for 50 copies or more.

This coloring book and workbook for children teaches the food guide pyramid. Simple drawings for children to color illustrate the various foods in the food pyramid and help children become acquainted with the dietary recommendations. Included are pages on good health habits (such as washing hands and drinking water) and physical activity.

MANAHAN, L., AND MANAHAN, M.

**Super Bean: Bean coloring and activity book.**

Walla Walla, WA: Yummy Designs, 1997. 12 pp.

*Contact:* Yummy Designs, P.O. Box 1851, Walla Walla, WA 99362. Telephone: (509) 525-2072; fax: (509) 525-2072. \$1.50, discounts for 50 copies or more.

This coloring book for children teaches about beans. It shows simple drawings of various kinds of beans, the types of beans eaten around the world, and the foods made from them. A page for parents, teachers, and nutritionists discusses the advantages of eating cooked dry beans, presents tips for preparing, soaking, and cooking them, and features easy bean recipe ideas.

NORTH CAROLINA DEPARTMENT OF HEALTH AND NATURAL RESOURCES, DIVISION OF WOMEN'S AND CHILDREN'S HEALTH, NUTRITION SERVICES SECTION.

**Snacks for young children**

[Raleigh, NC]: Nutrition Services Section, North Carolina Department of Health and Natural Resources, 1998. 2 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Photocopy available at no charge.

This document teaches parents about snacks for young children: when snacks should be offered, selecting snacks, and preparing snacks. The reverse side of the page has pictures of snacks for children to color to teach them about apples, cheese, carrots, and broccoli.

WASHINGTON STATE DAIRY COUNCIL.

### **Feed your taste buddies!**

[Lynnwood, WA]: Washington State Dairy Council, 1996. 1 poster (34 X 22 inches)

*Contact:* Washington State Dairy Council, 4201 198th Street, S.W., Suite 102, Lynnwood, WA 98036. Telephone: (425) 744-1616; fax: (425) 670-1222; e-mail: [new@eatSMART.org](mailto:new@eatSMART.org); Web site: [www.eatSMART.org](http://www.eatSMART.org). \$2.50.

This poster and the corresponding classroom activities are designed for students in grades K-2. The activities (1) introduce students to the parts of the mouth and its function in tasting and digesting food, (2) help children experience the four tastes and learn about taste buds, and (3) encourage children to eat snacks from the five food groups by taste-testing foods. Students are taught to identify the location of the four types of taste buds on the tongue, participate in two art projects relating to taste buds, and taste foods and record them on the classroom chart.

WASHINGTON STATE DAIRY COUNCIL.

### **I'm a healthy kid.**

[Lynnwood, WA]: Washington State Dairy Council, n.d. 7 pp.

*Contact:* Washington State Dairy Council, 4201 198th Street, S.W., Suite 102, Lynnwood, WA 98036. Telephone: (425) 744-1616; fax: (425) 670-1222; e-mail: [new@eatSMART.org](mailto:new@eatSMART.org); Web site: [www.eatSMART.org](http://www.eatSMART.org). \$0.35.

This pamphlet is designed to teach information about the five food groups and other foods that keep children healthy. Tracing and coloring activities are provided, as well as spaces for children to place stickers. These activities offer the teacher an opportunity to explain that the pictured foods are all healthy choices within each of the food groups.

WASHINGTON STATE DAIRY COUNCIL.

### **Meet the five food groups.**

[Lynnwood, WA]: Washington State Dairy Council, 1996. 2 pp.

*Contact:* Washington State Dairy Council, 4201 198th Street, S.W., Suite 102, Lynnwood, WA 98036. Telephone: (425) 744-1616; fax: (425) 670-1222; e-mail: [new@eatSMART.org](mailto:new@eatSMART.org); Web site: [www.eatSMART.org](http://www.eatSMART.org). \$0.15.

This flyer is designed as a teaching tool for introducing the five food groups to children. The children are asked to match the five food group stickers to the five food triangles, and place the stickers on the matching food triangle. (Stickers are available from the publisher.) Space is also provided for children to color or circle foods they have tasted. Nutrition hints for parents and guardians are included. The flyer, which is also available in Spanish, is designed as a master that can be reproduced.

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# BIBLIOGRAPHIES AND CATALOGS

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BUJOLD, C., HARRIS, A. B., BLYLER, E.,  
WARNER, A., AND WILLS, H.

**Nutrition resource list: Children with special health care needs.**

Los Angeles: University of Southern California University Affiliated Program, Children's Hospital Los Angeles, 1998. 7 pp.

*Contact:* Cary Bujold, University of Southern California University Affiliated Program, Children's Hospital Los Angeles, P.O. Box 54700, MS No. 53, Los Angeles, CA 90054. Telephone: (213) 669-2300; fax: (213) 953-0439; e-mail: cbujold@smtpgate@chlais.usc.edu. Single copies available at no charge.

This annotated bibliography lists books, manuals, newsletters, booklets, documents, and manuals with audiovisuals related to nutrition for children with special health care needs. Ordering information is provided for the resources listed. [Funded by the Maternal and Child Health Bureau]

LINDSEY, A. T.

**Food and nutrition resource guide for homeless shelters, soup kitchens and food banks.**

Beltsville, MD: National Agricultural Library, U.S. Department of Agriculture, 1996. ca 100 pp.

*Contact:* Food and Nutrition Information Center, National Agricultural Library, U.S. Department of Agriculture, 10301 Baltimore Boulevard, Room 304, Beltsville, MD 20705-2351. Telephone: (301) 504-5719; e-mail: fnic@nal.usda.gov; Web site: <http://www.nal.usda.gov/fnic>. Available from the FNIC Web site at no charge.

This bibliography lists two types of materials useful for homeless shelters, soup kitchens, and food banks: (1) educational materials for clients, and (2) resources for the staff and volunteers. The bibliography includes a brief summary of each topic and information on how to order materials. Topics include general nutrition, pregnancy and breastfeeding, infant feeding, feeding young children, menu planning for the elderly, food buying, and food safety and sanitation. Appendices

include the full text of publications on the food pyramid, feeding children, the relationship between nutrition and health, sources of free or low-cost food and nutrition materials, and a listing of health information materials in Spanish.

MANGELS, R.

**Vegetarian nutrition resource list for consumers.**

Beltsville, MD: Food and Nutrition Information Center, U.S. Department of Agriculture, 1996. 5 pp.

*Contact:* Food and Nutrition Information Center, National Agricultural Library, U.S. Department of Agriculture, 10301 Baltimore Boulevard, Room 304, Beltsville, MD 20705-2351. Telephone: (301) 504-5719; e-mail: fnic@nal.usda.gov; Web site: <http://www.nal.usda.gov/fnic>. Available from the FNIC Web site at no charge.

This bibliography lists materials on vegetarian nutrition in the following categories: general cookbooks; books and cookbooks focusing on low-fat recipes; books and cookbooks focusing on beans, gluten, and roots; ethnic cookbooks; books focusing on nutrition in and commentary about the vegetarian lifestyle; and books and cookbooks for children and adolescents. The bibliography also lists journal articles, chapters in books, magazines, and brochures.

NEW MEXICO CHILDREN, YOUTH AND FAMILIES DEPARTMENT, PREVENTIVE SERVICES DIVISION, FAMILY NUTRITION BUREAU.

**Lending Library resources.**

Albuquerque, NM: Family Nutrition Bureau, New Mexico Children, Youth and Families Department, 1997. 32 pp.

*Contact:* Family Nutrition Bureau, 2329-B Wisconsin, Albuquerque, NM 87110. Telephone: (505) 841-9410. Available at no charge.

This document describes the Lending Library's

services, policies, and resources in nutrition education and training. The resource list includes materials on nutrition, health, child development, and cooking, as well as various training packets. Materials include videotapes, teaching resource manuals, health and nutrition books, cookbooks, booklets, display items, toys, and games.

U.S. DEPARTMENT OF AGRICULTURE,  
AGRICULTURAL RESEARCH SERVICE,  
NATIONAL AGRICULTURAL LIBRARY, FOOD  
AND NUTRITION INFORMATION CENTER.

**Food and nutrition fun for children.**

Beltsville, MD: Food and Nutrition Information Center, U.S. Department of Agriculture, 1995. 29 pp.

*Contact:* Food and Nutrition Information Center, National Agricultural Library, U.S. Department of Agriculture, 10301 Baltimore Boulevard, Room 304, Beltsville, MD 20705-2351. Telephone: (301) 504-5719; e-mail: [fnic@nal.usda.gov](mailto:fnic@nal.usda.gov); Web site: <http://www.nal.usda.gov/fnic>. Available at no charge.

This bibliography lists books for children that focus on food and nutrition. Each entry includes a bibliographic citation and an abstract.

U.S. DEPARTMENT OF AGRICULTURE,  
CENTER FOR NUTRITION POLICY AND  
PROMOTION.

**A catalog of national nutrition education promotion projects.**

Washington, DC: Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, 1997. 93 pp.

*Contact:* Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, 1120 20th Street, N.W., Suite 200 North Lobby, Washington, DC 20036. Telephone: (202) 418-2312; fax: (202) 208-2321; Web site: <http://www.usda.gov/fcs/cnpp/htm>. Available from the CNPP Web site at no charge.

This catalog is a compilation of public information from nutrition education programs to help identify trends, connections among national programs, and gaps in audiences targeted or issues addressed. The catalog summarizes more than 30 national nutrition promotion projects that focus on behavioral change, and presents a collection of promotion projects sponsored by various government, nonprofit, and private entities. The information on each project includes the type of promotion conducted; the sponsor and partners involved, including contact person, address, and telephone number; the target audience(s); a brief description of each project; the nature of the messages communicated as well as the mechanisms for communication; a description of any evaluation that has been done or is being planned; and the amount of funding and/or source of funding.

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## BOOKS

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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. (Rev. ed.)**

Phoenix, AZ: Office of Nutrition Services, Arizona Department of Health Services, 1997. 59 pp.

*Contact:* Yolanda P. Konopken, R.D., Office of Nutrition Services, Arizona Department of Health

Services, 1740 West Adams Street, Phoenix, AZ 85007. Telephone: (602) 542-1886; fax: (602) 542-1804; e-mail: [ykonopk@hs.state.az.us](mailto:ykonopk@hs.state.az.us). \$5.00.

This book suggests ways of increasing the number of servings of fruits and vegetables for children and adults. It provides information on the nutrients in fruits and vegetables and offers ideas on menu planning, purchasing, preparing, and serving. It includes recipes and hands-on activities

to help children learn about fruits and vegetables. The guide is designed for child care providers in Arizona, but it can easily be adapted for use in classrooms and homes in any state. A Spanish language version is also available.

ARIZONA DEPARTMENT OF HEALTH  
SERVICES, OFFICE OF NUTRITION SERVICES.  
**Eating from the earth: Celebrating cultural  
diversity.**

Phoenix, AZ: Office of Nutrition Services, Arizona Department of Health Services, 1995. 56 pp.

*Contact:* Yolanda Konopken, R.D., Office of Nutrition Services, Arizona Department of Health Services, 1740 West Adams Street, Room 203, Phoenix, AZ 85007. Telephone: (602) 542-1886; fax: (602) 542-1804; e-mail: ykonopk@hs.state.az.us. \$5.00.

This cookbook focuses on staple foods as well as on their history and their use in different cultures around the world. An introductory section examines the use of bread, corn or maize, chiles or peppers, potatoes, rice, and wheat. A second section presents selected recipes from various geographic regions. The cookbook also includes a list of resources and an index. A Spanish-language version is available.

BERMAN, C., AND FROMER, J.  
**Meals without squeals: Child care feeding  
guide and cookbook (2nd ed.)**

Palo Alto, CA: Bull Publishing Company, 1997. 288 pp.

*Contact:* Bull Publishing Company, P.O. Box 208, Palo Alto, CA 94302-0208. Telephone: (650) 322-2855; fax: (650) 327-3300. \$16.95 plus \$3.00 shipping and handling.

This guide 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, and approaches for teaching children about nutrition and for appreciating different cul-

tures. Additional references and resources are also provided.

DUYFF, R. L.  
**The American Dietetic Association's complete  
food and nutrition guide.**

Minneapolis, MN: Chronimed Publishing, 1996. 619 pp.

*Contact:* Customer Service, American Dietetic Association, P.O. Box 97215, Chicago, IL 60678-7215. Telephone: (800) 877-1600 or (312) 899-0040; fax: (312) 899-4899. \$25.50 ADA members; \$29.95 nonmembers; prepayment required; make checks payable to ADA.

This book explains how the general public can translate nutritional guidelines and recommendations into daily food choices and long-term food habits. Topics covered include food choices for fitness; healthy weight; the role of fats, vitamins and minerals, sugars and sweeteners, fiber, sodium, and fluids; food sensitivities; menu planning; shopping; food handling; changes in culinary practices; eating out; nutrition for infants, children, women, adults, and the elderly; sports nutrition; and vegetarianism.

DUYFF, R. L., GIARRATANO, S. C., AND  
ZUZICH, M. F.  
**Nutrition, health, and safety for preschool  
children.**

New York, NY: Glencoe/McGraw-Hill, 1995. 447 pp.

*Contact:* Glencoe Division, Macmillan/McGraw-Hill School Publishing Company, P.O. Box 543, Blacklick, OH 43004-0554. Telephone: (800) 334-7344; fax: (614) 860-1877. \$30.00 plus 10 percent shipping and handling; prepayment required.

This textbook is written for future caregivers and teachers of children from infancy to age 5. The first four chapters cover nutrition basics, meal planning, and safe food preparation and storage. Chapters 5 to 9 apply this information to the different age groups, discussing growth and development, cultural differences, and children with special needs. Chapters 10 through 13 emphasize safety, working with children with special health care needs, prevention of infections and acci-

dents, and emergency preparedness. Chapter 14 discusses lesson plans and curricula, and chapter 15 suggests how to involve parents. The appendices give recommended dietary allowances, nutritive values of foods, growth charts, and information on federal food programs, followed by a glossary and reference list.

EDELSTEIN, S. F.

**The healthy young child.**

St. Paul, MN: West Publishing, 1995. 637 pp.

*Contact:* Chapman and Hall, International Thomson Publishing, P.O. Box 6904, Florence, KY 41022-6904. Telephone: (800) 354-9706 or (606) 525-2230; fax: (606) 647-5023; e-mail: findit@kiosk.thomson.com; Web site: <http://www.thomson.com>. \$45.95 plus 10 percent shipping and handling; ISBN 0-314-04159-1.

This textbook is meant to be a comprehensive guide on nurturing and caring for children. It describes normal growth and development in detail, presents information on nutrition and safety, and discusses current health issues. Appendices present quizzes, definitions, figures, activities, case studies, and resources. The chapters are divided into three sections: birth to 1 year, 1 to 5 years, and 6 to 8 years.

FELDHAUSEN, J., THOMSON, C., DUNCAN, B., AND TAREN, D.

**Pediatric nutrition handbook.**

New York, NY: Chapman and Hall, 1996. 126 pp.

*Contact:* Chapman and Hall, International Thomson Publishing, 7625 Empire Drive, Florence, KY 41042. Telephone: (800) 842-3636; fax: (606) 647-5963; e-mail: findit@kiosk.thomson.com; Web site: <http://www.thomson.com>. \$17.95 plus \$3.00 shipping and handling for first book, \$1.50 for each additional book; state sales tax applies.

This manual presents information for health professionals on providing nutritional care for infants, children, and adolescents. It contains sections on the following topics: general nutrition, food sources of selected nutrients, determining nutrient requirements, assessment of nutritional status, referral criteria, age-specific recommendations, and disease-specific recommendations. The man-

ual consists of tables with occasional interpretive text to facilitate its use.

GRAVES, D. E., AND SUITOR, C. W.

**Celebrating diversity: Approaching families through their food. (Rev. ed.)**

Arlington, VA: National Center for Education in Maternal and Child Health, 1998. 70 pp.

*Contact:* National Maternal and Child Health Clearinghouse, 2070 Chain Bridge Road, Suite 450, Vienna, VA 22182-2536. Telephone: (703) 356-1964; fax: (703) 821-2098; e-mail: nmhc@circsol.com; Web site: <http://www.circsol.com/mch>. \$6.50.

This illustrated guide presents ideas and suggestions for communicating nutrition education messages to persons from diverse cultural backgrounds. Early chapters discuss how to use food to create common ground, how food patterns change over time, and how people make food choices; later chapters address communicating with clients and families, working within the community, and meeting the challenge of the multilingual environment. Preparation of this guide was arranged by the U.S. Department of Agriculture/U.S. Department of Health and Human Services Nutrition Education Committee for Maternal and Child Health Publications. [Funded by the Maternal and Child Health Bureau]

HODGES, S.

**Multicultural snacks.**

Everett, WA: Totline Publications, Frank Schaffer Publishing House, 1995. 48 pp.

*Contact:* Frank Schaffer Publishing House, P.O. Box 60950, Torrance, CA 90505. Telephone: (800) 421-5565. \$6.95 plus \$3.00 shipping and handling.

This cookbook, featuring recipes from diverse cultures, introduces children to a variety of foods. The recipes are organized by main ingredients (such as bread, rice, beans, meat, or fruit), then by culture or country. Most of the recipes are intended for adults to prepare and serve to children; a few are suitable for children to help prepare. The book includes an index to the recipes, and information on the Child and Adult Care Food Program portions for each recipe.

JENNINGS, D. S., AND STEEN, S. N.

**Play hard, eat right: A parents' guide to sports nutrition for children.**

Minneapolis, MN: Chronimed Publishing, 1995. 166 pp.

*Contact:* Customer Service, American Dietetic Association, P.O. Box 97215, Chicago, IL 60678-7215. Telephone: (800) 877-1600 or (312) 899-0040; fax: (312) 899-4899. \$8.50 ADA members; \$10.95 nonmembers; prepayment required; make checks payable to ADA.

This book for parents provides information on sports nutrition for children. After discussing the basic nutritional needs of children, it covers the special needs of children who are athletes. The book discusses the role of carbohydrates, proteins, fats, vitamins, minerals, and fluids; the role of meals before and after athletic events; the implications of eating on the go; and body weight in child athletes. The book provides fact sheets on types of food and eating behaviors and includes sample forms to help monitor a child's nutritional intake.

KERN, C. S. (ED.)

**What's cookin' II.**

Lincoln, NE: Nutrition Education and Training Program, Nebraska Department of Education, 1997. 224 pp.

*Contact:* Charlotte Kern, What's Cookin II, 7629 Grover Street, Omaha, NE 68124-3556. Telephone: (402) 471-3658; fax: (402) 471-4407. \$15.00 includes shipping and handling.

This cookbook is intended for family child care providers who participate in the Child and Adult Care Food Program. The recipes are designed to meet recommendations contained in the Dietary Guidelines for Americans. The cookbook contains recipes for main dishes, fruits and vegetables, grains and breads, and snacks. The recipes give nutritional information, serving sizes, and menu suggestions. Appendices supply information on hand washing, food safety, preventing choking, making mealtime a happy time, saving time and money, planning and preparing healthy food, increasing or decreasing yield, nutrient analysis, and recipe nutrient analysis. In addition, the appendices present food preparation tips, terms and equivalents, food weights and equivalents, a

grains/bread list, quick breakfast ideas, and sample menus.

MELINA, V., DAVIS, B., AND HARRISON, V.

**Becoming vegetarian: The complete guide to adopting a healthy vegetarian diet.**

Summertown, TN: Book Publishing Company, 1995. 262 pp.

*Contact:* Mail Order Catalog, Book Publishing Company, P.O. Box 180, Summertown, TN 38483. Telephone: (800) 695-2241 or (931) 964-3571; fax: (931) 964-3518. \$15.95 plus \$3.50 shipping and handling; prepayment required.

This book, written for the lay population, discusses a vegetarian diet, eating without meat, eating without dairy products, and the vegan diet. The book also covers the use of fats and oils, fiber, a vegetarian diet for growing children, interacting with nonvegetarians, and shopping. A vegetarian food guide and vegetarian recipes are presented.

PIPES, P.

**Nutrition in infancy and childhood. (6th ed.)**

New York, NY: WCB/McGraw-Hill, 1997. 448 pp.

*Contact:* Nutrition Counseling Education Services, 1904 East 123rd Street, Olathe, KS 66061-5886. Telephone: (800) 445-5653 or (314) 872-8370; fax: (314) 432-1380; e-mail: NCES@worldnet.att.net; Web site: <http://www.mosby.com>. \$39.00 includes shipping and handling; prepayment required.

This book offers nutritional information related both to growth and development and to normal and abnormal conditions in infancy, childhood, and adolescence. Although the primary intended audience is students and health providers of clinical services, the book is also geared toward the interested general reader. Topics include (1) food patterns, (2) management of mealtime behaviors, (3) dietary intervention to prevent chronic disease, and (4) nutrition and special health care needs. The book contains a glossary and an index.

PRICE, P. (ED.)

**Snacks 'n' celebrations: A collection of nutritious drinks, treats and merriment for children and the young-at-heart. (Rev. ed.)**

Portland, OR: Nutrition Education Services, Oregon Dairy Council, 1995. 91 pp.

*Contact:* Nutrition Education Services, Oregon Dairy Council, 10505 S.W. Barbur Boulevard, Portland, OR 97219. Telephone: (503) 229-5033; fax: (503) 245-7916. \$7.50.

This book is designed to make cooking and mealtime fun for children ages 2 and older. Contents include the secrets of healthy snacks, cooking with children, cooking out of the kitchen, helping children cook, the food guide pyramid, and ways to keep mealtime simple. Recipes for drinks, snacks, mini-meals, sweets, and other fun foods are provided.

ROSS, K., AND FREDERICKS, D.

**Children's choices: A cookbook for family child care providers.**

Sacramento, CA: California Department of Education, Child Development Division, and Child Nutrition and Food Distribution Division, 1995. 160 pp.

*Contact:* Bureau of Publications, California Department of Education, P.O. Box 271, Sacramento, CA 95812-0271. Telephone: (916) 445-1260. \$12.95 plus \$4.95 shipping and handling.

This cookbook contains recipes for breakfast, lunch, and snacks and presents a model 4-week menu plan based on these recipes. The menus and recipes reflect the recommendations of the Child and Adult Care Food Program and the food guide pyramid. The book also presents suggestions on handling and preparing food safely, lowering the fat and cholesterol content of meals, and giving parties. It includes a section analyzing the nutrient content of the recipes and provides a recipe index.

U.S. DEPARTMENT OF AGRICULTURE, FOOD AND NUTRITION SERVICE.

**Team Nutrition's food, family and fun: A seasonal guide to healthy eating—Commemorating 50 years of school lunch.**

Washington, DC: U.S. Government Printing Office, 1996. 122 pp.

*Contact:* Superintendent of Documents, U.S. Government Printing Office, Box 371954, Pittsburgh, PA 15250. Telephone: (202) 512-1800; fax: (202) 512-2250. \$12.00.

This book contains 50 recipes, organized by season, and features family activities for nutrition education. The resource section lists farmers markets, state extension contacts for the USDA Team Nutrition program, hotline numbers, and Internet addresses, and provides nutrition information and healthful eating suggestions.

WARNER, P.

**Healthy snacks for kids. (Rev. ed.)**

San Leandro, CA: Bristol Publishing Enterprises, 1996. 171 pp.

*Contact:* Nutrition Counseling Education Services, 1904 East 123rd Street, Olathe, KS 66061. Telephone: (800) 445-5653; fax: (800) 251-9349. \$8.95 plus \$4.50 shipping and handling.

This cookbook, intended for parents of young children, presents information on healthy eating for children, tips on how to make a child a healthy eater, and recipes for a variety of snacks. The cookbook provides information on the food guide pyramid, serving sizes, nutritional analysis, and fat intake. Recipes are included for snacks, drinks, frozen treats, breakfasts, and one-dish meals.

AMERICAN ACADEMY OF PEDIATRICS, COMMITTEE ON NUTRITION.

**Pediatric nutrition handbook. (4th ed.)**

Elk Grove Village, IL: American Academy of Pediatrics, 1998.

*Contact:* American Academy of Pediatrics, 141 Northwest Point Boulevard, P.O. Box 927, Elk Grove Village, IL 60009-0927. Telephone: (800) 433-9016 or (847) 228-5005; fax: (847) 228-5097.

\$59.95, members; \$69.95, nonmembers; plus \$8.50 shipping and handling.

This guidebook is a comprehensive ready desk reference on the nutrition requirements of infants,

children, and adolescents, and the impact of nutritional status on their health. The guidebook discusses the feeding of infants and children, basic nutrition information, nutritional concerns in illness, and dietary modifications.

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## CURRICULA, MANUALS, AND MODULES

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AMERICAN ACADEMY OF PEDIATRICS,  
PENNSYLVANIA CHAPTER, [EARLY  
CHILDHOOD LINKAGE SYSTEM] (ECELS).  
**[Menu planning self-learning module].**

Rosemont, PA: ECELS, Pennsylvania Chapter,  
American Academy of Pediatrics, 1997. 9 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Photocopy available at no charge; videotape is available separately from Production West, 2110 Overland Avenue, Billings, MT 59102. Telephone: (406) 656-9417. \$29.95 (includes shipping and handling).

This self-learning module is designed to teach how to create a nutritious menu in a child care setting for children older than 2. The package contains instructions for planning a 1-week menu; components for a healthy, well-balanced, nutritious meal; a copy of the food guide pyramid; information on Child and Adult Food Care Food Program Meal Patterns; ways to modify recipes for healthier eating; a sample menu; a menu planning worksheet; and a menu evaluation form. The module is designed to be used with the videotape Beans, Peas, and Broccoli Trees by the Montana Child and Adult Care Food Program. (The videotape is sold separately.)

ARIZONA DEPARTMENT OF HEALTH  
SERVICES, OFFICE OF NUTRITION SERVICES,  
PROJECT CHANGE.

**A guide to feeding young children with special needs. (Rev. ed.)**

Phoenix, AZ: Office of Nutrition Services, Arizona Department of Health Services, 1998. 95 pp.

*Contact:* Office of Nutrition Services, Arizona Department of Health Services, 1740 West Adams Street, Phoenix, AZ 85007. Telephone: (602) 542-1886; fax: (602) 542-1804; e-mail: [lpatty@hs.state.az.us](mailto:lpatty@hs.state.az.us). \$5.00.

This manual helps parents and child care providers working with children with special health care needs gain insight into the children's nutrition needs and feeding concerns. The guide builds on a team approach, explores the relationships between nutrition and growth, reviews stages in child development and oral motor skills, and considers issues relating to self-feeding skills and the mealtime experience. The manual reviews special needs and special diets; provides definitions of children with special health care needs; and includes selected references and a list of national resource organizations. A Spanish language version is also available. [Funded by the Maternal and Child Health Bureau]

CALIFORNIA DEPARTMENT OF EDUCATION,  
CHILD NUTRITION AND FOOD  
DISTRIBUTION DIVISION, NUTRITION  
EDUCATION AND TRAINING PROGRAM.

**Family Connections: Helping caregivers develop nutrition partnerships with parents.**

Sacramento, CA: California Department of Education, 1997. 28 pp.

*Contact:* Publications Division, Sales Office, California Department of Education, P.O. Box 271, Sacramento, CA 95812. Telephone: (800) 995-4099; fax: (916) 323-0823. \$9.00 plus shipping and handling.

This manual is intended to help child care providers develop positive relationships with families. The manual is divided into two sections. The first section, "Building a Partnership," is intended to help child care providers develop policies and practices to enhance child nutrition programs and promote family involvement. The second section, "Putting Your Partnership into Action," seeks to enhance communication between child care providers and families. Appendices contain USDA Child Care Food Program Meal Patterns for infants and older children.

CRYER, D., RAY, A. R., AND HARMS, T.  
**Nutrition activities for preschoolers.**

Menlo Park, CA: Innovative Learning Publications, 1996. 236 pp.

*Contact:* Terry Grimes, Addison-Wesley-Longman, 1 Jacob Way, Reading, MA 01867. Telephone: (800) 552-2259; fax: (800) 333-3328. \$26.85.

This book discusses how to take advantage of children's natural interest in food to encourage good health habits and to teach about nutrition throughout the preschool curriculum. This illustrated resource presents simple activities related to typical preschool centers: art, blocks, books, pretend play, music, science, and math. The book includes ideas for meals and snack times as well as play experiences. Appendices provide resources, recipes, and checklists. A training manual presents a variety of activities that can be used to introduce early childhood educators to this book.

FOX, A. C.  
**Blue Ribbon child care: Food and nutrition skill series. (2nd ed.)**

Boise, ID: Idaho Department of Education, 1997. 175 pp.

*Contact:* Jean Heinz, Idaho Department of Education, P.O. Box 83720, Boise, ID 83720-0027. Telephone: (208) 332-6821; fax: (208) 332-6833. Single copies available at no charge.

This loose-leaf manual is intended for use in training home child-care providers who participate in the Child and Adult Care Food Program in Idaho. There are eight units on nutrition for children: bringing out the best, food pyramid, feeding

young children, understanding nutrition labels, menu planning, wise food purchasing, kitchen management, and food safety. An appendix provides information on vegetarian diets, how to recognize food spoilage, involving children in food preparation, meal planning, and labels.

HAINES, J. A., SIGMAN-GRANT, M., AND BROWN, J. L.

**Healthful menus and recipes for children over two years of age in the Child and Adult Care Food Program.**

Harrisburg, PA: Pennsylvania Department of Education, [1996]. 90 pp.

*Contact:* Pat Birkenshaw, Division of Food and Nutrition, Pennsylvania Department of Education, 333 Market Street, Fourth Floor, Harrisburg, PA 17126-0333. Telephone: (717) 787-7698; fax: (717) 783-6566. Available at no charge.

This loose-leaf manual is intended to help child care providers plan and prepare meals for young children. The manual presents information on basic nutrition for children, food safety, and menu planning; suggests food-related activities to do with children; and includes recipes, 20 one-week menus, and a list of resources. Recipes give the number of servings as well as the calorie, protein, fat, and sodium content per serving. Appendices contain a meal-planning worksheet, a meal pattern for children in the Child and Adult Care Food Program, nutrition label information, and an index to the recipes.

HAYES, D.  
**Getting a head start with 5 a Day fun kit. (Rev. ed.)**

Helena, MT: Montana Department of Public Health and Human Services, 1996. ca. 80 pp., 1 videotape (60 minutes, VHS 1/2 inch).

*Contact:* National Food Service Management Institute, University of Mississippi, P.O. Drawer 188, University, MS 38677. Telephone: (800) 321-3054; fax: (800) 321-3061; Web site: <http://www.Ande102W@wonder.em.cdc.gov>. \$30.00 plus \$6.00 shipping and handling.

This loose-leaf kit is intended for use in promoting the 5 a Day campaign in preschool, child care,

Head Start, or WIC program settings. Intended for parents and teachers working with preschool-age children, the kit explains the benefits of eating five servings of fruits and vegetables a day, and provides tips on how to increase consumption, information on serving sizes, and activities for children and adults. Appendices include reproducible materials for parents. The kit includes a videotape with two 30-minute segments for training staff and teachers.

HEUTEL, T., KAZINER, S., AND KANNAN, S.

**Five fantabulous food groups curriculum.**

[Ann Arbor, MI: Department of Environmental and Industrial Health, University of Michigan], [1997]. 10 pp.

*Contact:* Srimathi Kannan, Human Nutrition Program, School of Public Health, University of Michigan, 109 Observatory Street, Ann Arbor, MI 48109. Telephone: (734) 936-1629; fax: (734) 764-5233; e-mail: kannans@sph.umich.edu. \$10.00.

This food groups curriculum is for children in grades kindergarten through second grade. The curriculum has been tailored to meet the needs of a multicultural, middle-class community and should therefore be applicable to and accepted by various ethnic groups. The main concepts of the curriculum are (1) the food guide pyramid (including the five major food groups), and (2) dietary variety.

KESSLER, S. M.

**Healthy heart snack choices resource guide.**

Plainview, NY: Cornell Cooperative Extension, Nassau County, 1996. 170 pp.

*Contact:* Cornell Cooperative Extension, Nassau County, 1425 Old Country Road, Plainview, NY 11803. Telephone: (516) 454-0900; fax: (516) 454-0365. \$15.00 includes shipping and handling.

This loose-leaf manual for child care providers explains how to implement a food and nutrition program for healthy hearts. The manual contains 54 recipes for heart-friendly snacks that appeal to children. The manual also includes a section on games and activities for preschool and school-age children and contains fact sheets to be reproduced and given to parents.

LUMINA TRAINING ASSOCIATES, AND MURPHY AND ASSOCIATES.

**Care connection training program.**

University, MS: National Food Service Management Institute, University of Mississippi, 1997. 1 sponsor guide (86 pp.), 11 videotapes (approximately 13–20 minutes, VHS 1/2 inch) with print materials.

*Contact:* Sales Division, National Food Service Management Institute, University of Mississippi, P.O. Drawer 188, University, MS 38677-0188. Telephone: (800) 321-3054; fax: (800) 321-3061. \$45.00 plus shipping and handling.

This training program was designed for use by Child and Adult Care Food Program sponsors of child care homes and child care centers to train home and center caregivers to provide quality care for children. The program's goals are to give sponsors and caregivers basic information about best practice in the operation of the program, help sponsors meet the training needs of caregivers through the use of small group training and individual instruction in a center or home, and teach caregivers to promote healthful food habits for young children by serving meals that meet the program's requirements and providing nutrition education activities as part of child care. Each videotape lesson has a companion series of print materials.

MILLER, S.

**Bright ideas—for nutrition educators.**

Agawam, MA: Susan Miller, 1996. 76 pp.

*Contact:* Susan Miller, Public Health Materials Development, 12 Lakeview Circle, Agawam, MA 01001. Telephone: (413) 786-8240; fax: (413) 786-8374; e-mail: SMillerMPH@aol.com. \$18.50.

This series of modules for nutrition educators working in local agencies can be used as-is or tailored to meet their needs. Each module focuses on one principle of effective nutrition education. The examples cited refer to one-on-one nutrition education with WIC program participants, but can also be applied in group settings and with clients in other nutrition education programs.

MITCHELL, R. A.

**Kids module: Parents and children sharing food tasks—Leader's guide.**

[Davis, CA]: Expanded Food and Nutrition Education Program, University of California, 1998. 32 pp., 1 videotape (11 minutes, VHS 1/2 inch).

*Contact:* Jim Mulrone, Expanded Food and Nutrition Education Program, University of California, 1 Shields Avenue, Davis, CA 95616. Telephone: (530) 752-9885; fax: (530) 752-7588; e-mail: jhmulrone@ucdavis.edu. \$60.00 each for 1-10 copies; contact for cost information on multiple copies over 10.

This module was written to teach low-income families with preschool-age or young children (ages 2-7). In the lesson, parents and other adults learn how to share food tasks with children to help them establish good eating habits. The unit is designed to be taught after participants receive lessons on basic nutrition and the food pyramid. This module can be taught to participants individually or in small or large groups.

MURRAY, P.

**Nutrition services manual for children with special health care needs.**

Concord, NH: Bureau of Special Medical Services, New Hampshire Department of Health and Human Services, 1998. ca. 400 pp.

*Contact:* Patricia Murray, R.D., M.Ed., Bureau of Special Medical Services, New Hampshire Department of Health and Human Services, 6 Hazen Drive, Concord, NH 03301-6527. Telephone: (603) 271-4512. Contact for cost information.

This manual is a guide to providing nutrition services for children with special health care needs in New Hampshire. The manual covers screening procedures for the children to determine those already malnourished or at risk for experiencing nutrition problems, and presents criteria for this evaluation. Included are nutrition assessment standards, forms, and recommendations. The manual lists standards related to equipment, techniques, and growth, and includes dietary and biochemical data. Nutrition strategies for children with various diseases and disorders are also discussed. Other chapters address job descriptions for nutrition workers, quality assurance, monitor-

ing, references, and educational and training materials for parents and health professionals.

PRATT, M. E.

**Army Child Development Services food program guide.**

[Location unknown]: Army Child Development Services, n.d. 91 pp.

*Contact:* Brian Meranci, Kathy Robertson, National Clearinghouse for the Military Child Development Program, 4015 Wilson Boulevard, Suite 917, Arlington, VA 22203-5190. Telephone: (888) 237-3040; fax: (703) 356-7183; e-mail: bmeranci@rci-adp.com. Available at no charge.

This manual was prepared to help Army Child Development Services food service programs operate more effectively and efficiently. It provides operational guidance and clarifies policies on implementing the requirements of the U.S. Department of Agriculture Child and Adult Care Food Program and Army Regulation 608-10. The information in this manual is designed to be used to begin standardization of food program procedures throughout the Army and to improve the quality of food service offered to Army children in Army child care settings. The manual also supplies management information and outlines additional compliance-item criteria for the existing Single Source Criteria Standards contained in Army Regulation 608-10.

PROBERT, K. L. (ED.)

**Moving to the future: Developing community-based nutrition services.**

Washington, DC: Association of State and Territorial Public Health Nutrition Directors, 1996. 126 pp.

*Contact:* Lois Quinlan, Association of State and Territorial Public Health Nutrition Directors, 1015 15th Street, N.W., Suite 403, Washington, DC 20005. Telephone: (202) 408-1257; fax: (202) 408-1259; e-mail: lquinlan@astcdpd.org. \$40.00 for manual and workbook.

This manual helps nutritionists make a transition from working directly with patients to (1) planning and promoting community-based nutrition services that are frequently used by private health

care facilities or managed care organizations, and (2) working in community wellness and disease prevention efforts. The manual provides advice on planning, funding, and developing a nutrition intervention. It gives instructions for conducting community assessments, determining health priorities, writing goals and objectives, and implementing and monitoring the intervention. A glossary and bibliography are included. Appendices give information on public health and public health nutrition, models to help develop community health plans, and a list of resources for information. An earlier edition, the Guide for Developing Nutrition Services in Community Health Programs, was published by the U.S. Department of Health, Education, and Welfare in 1978. [Funded by the Maternal and Child Health Bureau]

SHAW, A., FULTON, L., DAVIS, C., AND HOGBIN, M.

**Using the food guide pyramid: A resource for nutrition educators.**

[Location unknown]: Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, ca. 1995. 126 pp.

*Contact:* Center for Nutrition Policy and Promotion, USDA, 1120 20th Street, N.W., Suite 200, Washington, DC 20036-3476. Telephone: (202) 208-2417; Web site: <http://www.usda.gov/fcs/cnpp.html> or <http://www.nal.usda.gov/fnic>. Available from the CNPP Web site at no charge.

This manual suggests ways nutrition educators can help their audiences use the food guide pyramid developed by the U.S. Department of Agriculture. The manual reviews the objectives the USDA used in developing the pyramid and explains the impact of these objectives on planning and preparing healthy meals. Individual chapters address using the food guide to plan and evaluate food choices, examples of food choices at three different caloric levels, planning menus for several days, the use of recipes that contribute to food group servings, shopping tips, and techniques for using the pyramid with people who have different nutritional needs or ethnic diets. Appendices include suggestions for determining the number of food group servings in recipes, sample recipes, menu tables, and food lists for menus for 5 days.

U.S. DEPARTMENT OF AGRICULTURE, FOOD AND CONSUMER SERVICE.

**Nutrition guidance for child care centers.**

Alexandria, VA: Food and Consumer Service, U.S. Department of Agriculture, 1995. 5 items.

*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) 524-7802; e-mail: [info@ncemch.org](mailto:info@ncemch.org); Web site: <http://www.ncemch.org>. Available for loan.

This training package contains material for teaching sponsors and providers in the Child and Adult Care Food Program how to implement the U.S. Department of Agriculture's Dietary Guidelines for Americans within the current meal pattern requirements. The package contains the following items: (1) Building for the Future: Nutrition Guidance for the Child Nutrition Programs, including a poster; (2) Nutrition Guidance for Child Care Homes; (3) Nutrition Guidance for Child Care Centers; (4) Activity Package, reproducible sheets on a variety of subjects; and (5) Nutrition Guidance for Child Care, a 30-minute videotape.

U.S. DEPARTMENT OF AGRICULTURE, FOOD AND CONSUMER SERVICE.

**Tickle your appetite: WIC/Team Nutrition educators kit for children.**

Alexandria, VA: Food and Consumer Service, U.S. Department of Agriculture, 1998. 1 teaching guide, 1 videotape (13 minutes, VHS 1/2 inch), 1 audiocassette.

*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) 524-7802; e-mail: [info@ncemch.org](mailto:info@ncemch.org); Web site: <http://www.ncemch.org>. Available for loan.

This loose-leaf teacher's kit contains a videotape, audiocassette, and instructor's guide. Designed for use with preschool children ages 3-5, the kit is intended for clinic use by WIC educators. Included are suggestions for activities that can teach children to expand the variety of foods they eat, reduce fat intake, and add fruits, vegetables, and grains to their diet. The kit features sections for clinic use, family activities, community activities,

handouts, a list of resources, and artwork to be used in teaching.

U.S. DEPARTMENT OF AGRICULTURE, FOOD AND NUTRITION SERVICE, MIDWEST REGIONAL OFFICE, CHILD NUTRITION PROGRAMS.

**What's in a lesson for what's in a meal?**

Chicago, IL: Child Nutrition Programs, Midwest Regional Office, Food and Nutrition Service, U.S. Department of Agriculture, 1996. 340 pp.

*Contact:* National Food Service Management Institute, University of Mississippi, P.O. Drawer 188, University, MS 38677. Telephone: (800) 321-0188; fax: (800) 321-3061. \$4.50.

This loose-leaf manual is a set of lessons on planning menus, purchasing foods, preparing foods, handling foods for safety, and involving the child and parent in the Child and Adult Care Food Program. The manual accompanies the 1996 edition of *What's in a Meal?* resource manual and includes transparencies and worksheets, tips for successful teaching, information on promoting training sessions, certificate forms, and forms for facilitator feedback.

U.S. DEPARTMENT OF AGRICULTURE, FOOD AND NUTRITION SERVICE, MIDWEST REGIONAL OFFICE, CHILD NUTRITION PROGRAMS.

**What's in a meal? A resource manual for the Child and Adult Care Food Program. (2nd ed.)**

Chicago, IL: Child Nutrition Programs, Midwest Regional Office, Food and Nutrition Service, U.S. Department of Agriculture, 1996. 128 pp.

*Contact:* National Food Service Management Institute, University of Mississippi, P.O. Drawer 188, University, MS 38677. Telephone: (800) 321-0188; fax: (800) 321-3061. \$3.00.

This loose-leaf manual contains sections on nutrition, recipe modification, food labeling, infant feeding, food handling and sanitation, ethnic foods, recipe evaluation, and crediting foods (including infant foods). This edition was revised to incorporate current grains/breads requirements and the Dietary Guidelines for Americans.

UNIVERSITY OF MASSACHUSETTS EXTENSION.  
**Food handling is risky business. (Rev. ed.)**

[Amherst], MA: University of Massachusetts Extension, [1998]. 48 pp.

*Contact:* Rita Brennan Olson, University of Massachusetts Extension, 202 Chenoweth, University of Massachusetts, Amherst, MA 01003. Telephone: (413) 545-0552; fax: (413) 545-1074; e-mail: ritabo@nutrition.umass.edu. \$20.00.

This trainer's manual explains the basics of safe food handling for those working in a variety of group settings. These include center-based child care, family child care, shelters, resident homes, congregate meal sites, school food services, and soup kitchens. The lesson materials include a trainer lesson plan, attendance sheet, trainer pretest and posttest, and survey pretest and posttest. The responsibilities of a trainer of food-safety education volunteers and a checklist for trainers are also included. The final section contains resource materials for use by trainers in teaching food handling. Some resource items are also provided in Spanish.

VERMONT DEPARTMENT OF HEALTH.

**Count to 5—Count to 6! Fun with fruits, vegetables and grains.**

Burlington, VT: Vermont Department of Health, 1996. 48 pp.

*Contact:* Gail Twitchell, Nutrition Education and Training Program, Vermont Department of Health, P.O. Box 70, 108 Cherry Street, Burlington, VT 05401. Telephone: (802) 863-7606 or (800) 464-4343; fax: (802) 865-7701; e-mail: gtwitch@vdhvax-vdh.state.vt.us. \$15.00.

This nutrition activity book demonstrates ways to introduce young children to eating fruits, vegetables, and grains. The book includes recipes for children to make; recipes for the whole family; and ideas for healthy holiday food, food field trips, and other fun things to do with fruits, vegetables, and grains.

WEST VIRGINIA DEPARTMENT OF HEALTH AND HUMAN RESOURCES, BUREAU FOR PUBLIC HEALTH, OFFICE OF NUTRITION SERVICES.

**WV WIC training manual for the competent professional authority: A guide for nutrition assessment, evaluation and education.**

[Charleston, WV]: West Virginia WIC Program, West Virginia Department of Health and Human Resources, [1997]. ca. 500 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Available for loan.

This manual for training in WIC competency provides an orientation to WIC. The manual addresses the following topics: the role of the WIC competent professional authority (CPA), assessment of growth patterns, iron deficiency anemia, dietary and health assessment interview, nutrition education in the WIC program, cultural nutrition practices, group nutrition education techniques, evaluation of nutrition and breastfeeding education materials, high-risk nutrition care plans, nutrition risk criteria and the priority system, food package tailoring, WIC-eligible formulas, and the West Virginia Best Start Breastfeeding Program.

WEST VIRGINIA STATE BUREAU FOR PUBLIC HEALTH, OFFICE OF NUTRITION SERVICES, WIC.

**Hematology: A training and reference manual for West Virginia WIC clinics.**

[Charleston, WV]: WIC, West Virginia State Bureau for Public Health, 1997. ca. 100 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Available for loan.

This manual provides training and reference materials to promote proficiency and consistency among local agencies involved in hematology screening for WIC program eligibility. The materials may be used alone as a training guide and reference manual, or may be supplemented with the Vitron HemoCue system training videotape. The manual, which discusses regulations and guidelines relevant to WIC hematology screening, is based both on materials produced by Vitron for use with the HemoCue microcuvette system and on recommendations issued by the Centers for Disease Control and Prevention, Office of Nutrition Services. Included are Institute of Medicine guidelines for referral, and a listing of cut-off values for hemoglobin.

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## GUIDELINES

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CALIFORNIA DEPARTMENT OF EDUCATION, CHILD NUTRITION AND FOOD DISTRIBUTION DIVISION, NUTRITION EDUCATION AND TRAINING PROGRAM.

**California standards for quality child nutrition services in child care and development programs.**

Sacramento, CA: California Department of Education, 1995. 67 pp.

*Contact:* Lynette Brown, California Department of Education, 560 J Street, Suite 270, Sacramento, CA

95814. Telephone: (916) 445-0850. Available at no charge.

This publication serves as a blueprint for good practice in nutrition services in child care and development settings. These standards provide guidance in planning and establishing a high-quality child nutrition program. The contents discuss requirements for special groups, mealtimes, sanitation and safety, nutrition education, and personnel. Appendices include the U.S. Department of Agriculture's Child Care Food Program Meal Pattern, the Child Care Food Program Meal

Pattern for Infants, and the Dietary Guidelines for Americans.

GEORGIA DEPARTMENT OF HUMAN RESOURCES, DIVISION OF PUBLIC HEALTH, OFFICE OF NUTRITION.

**Nutrition guidelines for practice: A manual for providing quality nutrition services. (Rev. ed.)**

Atlanta, GA: Office of Nutrition, Georgia Department of Human Resources, 1997. ca. 800 pp.

*Contact:* Carol MacGowan or Kathryn Thompson, Office of Nutrition, Division of Public Health, Georgia Department of Human Resources, 2 Peachtree Street, 8-413, Atlanta, GA 30303. Telephone: (404) 657-2884; fax: (404) 657-2886; e-mail: CAM@ph.dhr.state.ga.us. Single copies available at no charge.

This manual presents guidelines for nutrition services to aid nutritionists and other health care professionals in providing quality nutritional care. These guidelines address nutrition screening and assessment, nutrition intervention, referral, and follow-up. The manual covers these topics: the perinatal period, infancy, childhood, infants and children with special health care needs, adolescence, family planning, adults, geriatrics, and prevention and treatment of chronic disease. The manual also contains extensive appendices. The manual can be used for a variety of functions, including a staff orientation manual, a clinic protocol or procedure handbook, a data-gathering tool for accountability, a tool to aid in documentation, and an evaluation tool for nutrition services.

GRAVES, D. E., SUITOR, C. W., AND HOLT, K. A. (EDS.)

**Making food healthy and safe for children: How to meet the 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, 1997. 86 pp.

*Contact:* National Maternal and Child Health Clearinghouse, 2070 Chain Bridge Road, Suite 450, Vienna, VA 22182-2536. Telephone: (703) 356-1964; fax: (703) 821-2098; e-mail: nmchc@

circsol.com; Web site: <http://www.circsol.com/mch>. Available at no charge.

This manual is intended to help child care providers offer children healthy, safe foods that meet the nutrition standards presented in National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs. Chapters cover cleanliness, ways to ensure that foods are safe to eat, planning to meet children's nutritional needs, promoting pleasant meals and snacks, and helping children and families learn about foods. Appendices contain lists of resources and materials for centers and for parents. [Funded by the Maternal and Child Health Bureau]

WASHINGTON DEPARTMENT OF SOCIAL AND HEALTH SERVICES, OFFICE OF CHILD CARE POLICY.

**[An adult-sized guide to child-sized environments]: Section 4—Health and nutrition: With bright, shiny faces.**

[Olympia, WA: Office of Child Care Policy, Washington Department of Social and Health Services], 1996. 41 pp.

*Contact:* Leslie Edwards-Hill, Office of Child Care Policy, Licensing Program Manager, Washington Department of Social and Health Services, Olympia, WA 98504-5000. Telephone: (360) 902-8041. Photocopy available at no charge.

This section of a guidebook for child care centers in the state of Washington presents regulations, best practices, and suggestions about health and nutrition for child care centers. It discusses health care plans, food service, nutrition, animal health and sanitation, use of health consultants, medical care, and food service.

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# PAMPHLETS AND BROCHURES

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ARKANSAS DEPARTMENT OF HEALTH,  
DIVISION OF NUTRITION SERVICES.

**Nutrition and lead: Healthy eating helps protect your child from lead poisoning.**

[Little Rock, AR]: Division of Nutrition Services, Arkansas Department of Health, 1996. 2 pp.

*Contact:* Wanda Lung'aho, Arkansas Department of Health, 4815 West Markham No. 23, Little Rock, AR 72205. Telephone: (501) 661-2186; fax: (501) 661-2717; e-mail: wlungaho@mail.doh.state.ar.us. Single copies available at no charge.

This pamphlet for parents describes the symptoms of lead poisoning, explains how healthy eating can help prevent lead poisoning and lower lead levels, and lists the foods that can help protect children from lead poisoning. A sample menu is provided.

CALIFORNIA DEPARTMENT OF EDUCATION,  
CHILD NUTRITION AND FOOD  
DISTRIBUTION DIVISION, NUTRITION  
EDUCATION AND TRAINING PROGRAM.

**Family connections: Dear Family letters.**

Sacramento, CA: California Department of Education, 1997. 30 pp.

*Contact:* Publications Division, Sales Office, California Department of Education, P.O. Box 271, Sacramento, CA 95812. Telephone: (800) 995-4099; fax: (916) 323-0823. \$15.00 for set of 10 plus shipping and handling.

These sample letters were developed to provide families with nutrition information on certain activities or to share special information through newsletters, handouts, or mailings. The letters can be used to educate families about nutrition, foster their development of healthy practices, and encourage children to develop healthy habits. Each letter offers information on a different topic, and some invite families to discuss nutrition issues with their child care providers. Topics include information related to *Healthy People 2000* nutrition objectives, dietary guidelines, low-fat diets and children, 5-A-Day Power Play, evening meals,

mealtimes with infants and toddlers, "food jags" and table-time tantrums, television, oral health, and nutrition activities that are fun for families.

CHILD PROFILE.

**Growing up healthy: A nutrition guide for toddlers.**

Seattle, WA: CHILD Profile, 1998. 2 pp.

*Contact:* CHILD Profile, Seattle-King County Department of Health, 999 Third Avenue, Suite 900, Seattle, WA 98104. Telephone: (206) 296-2785; fax: (206) 205-5780. \$0.12.

This brochure, available in English and Spanish, is designed for parents of children ages 18 months to 3 years. The brochure teaches basic concepts of nutrition for healthy children and provides special sections on oral health, prevention of choking, play, growth, teaching good eating habits, learning to eat new foods, how to know if a toddler is eating enough, and the food guide pyramid.

CHILDREN'S HOSPITAL LOS ANGELES,  
UNIVERSITY AFFILIATED PROGRAM,  
UNIVERSITY OF SOUTHERN CALIFORNIA,  
CALIFORNIA CONNECTIONS PROJECT.

**Getting connected: Prevention and primary care for young children with special health care needs in managed care.**

Los Angeles: USC University Affiliated Program, Children's Hospital Los Angeles, 1997.

*Contact:* Cary Bujold, USC University Affiliated Program, Children's Hospital Los Angeles, P.O. Box 54700, MS No. 53, Los Angeles, CA 90054. Telephone: (213) 669-2300; fax: (213) 953-0439; e-mail: cbujold%smtpgate@chlais.usc.edu. Single copies available at no charge with self-addressed, stamped envelope.

This series of information sheets addresses health issues for children with special health care needs. The sheets address the topics of nutrition, infant/child mental health, family support, and

oral health. Future information sheets are expected to address other health issues for children with special needs. [Funded by the Maternal and Child Health Bureau]

HEALTH CANADA.

**Canada's food guide to healthy eating: Focus on preschoolers—Background for educators and communicators.**

Ottawa, Ontario: Health Canada, 1995. 16 pp.

*Contact:* Canada Government Publishing, Ottawa, Ontario, Canada K1A 0S9. Telephone: (819) 956-4800; fax: (819) 994-1498; e-mail: publishing@ccg-gccca. \$4.95 (Canadian currency).

This resource discusses how educators and communicators can promote healthy eating among children ages 2–5. The document is designed to be used along with the Food Guide tear sheet and Food Guide Facts: Background for Educators and Communicators. The contents discuss how preschool-age children approach eating, striving for variety, vegetarianism, children's need for vitamin and mineral supplements, ways to introduce new foods, the Health Canada food selection guide, determining how much preschool-age children can eat, milk products, choosing foods other than those in the food groups, snacking and dental health, choking prevention, and child growth patterns. This document is also available in French.

HEALTH CARE PROGRAM FOR CHILDREN WITH SPECIAL NEEDS.

**HCP nutrition screening.**

Denver, CO: Health Care Program for Children with Special Needs, Colorado Department of Public Health and Environment, n.d. 2 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Photocopy available at no charge.

This questionnaire assesses the needs of children for nutrition services in the Health Care Program for Children with Special Health Needs. The first side asks a series of questions for parents to

answer. The second side is for the comments of agency personnel. This document is also available in Spanish.

NORTH CAROLINA DEPARTMENT OF HEALTH AND HUMAN SERVICES, DIVISION OF WOMEN'S AND CHILDREN'S HEALTH, NUTRITION SERVICES SECTION.

**Food guide pyramid: A guide to daily food choices.**

[Raleigh, NC]: Nutrition Services Section, North Carolina Department of Health and Human Services, 1998. 2 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Photocopy available at no charge.

This document for parents and early childhood educators explains both how to use the daily food guide and what counts as one serving for a preschool child. It provides a checklist to record foods for which a child needs to eat more servings.

NORTH CAROLINA DEPARTMENT OF HEALTH AND NATURAL RESOURCES, DIVISION OF WOMEN'S AND CHILDREN'S HEALTH, NUTRITION SERVICES SECTION.

**Dietary goals for children.**

[Raleigh, NC]: Nutrition Services Section, North Carolina Department of Health and Natural Resources, 1998. 2 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Photocopy available at no charge.

Designed for parents and child care workers, these dietary guidelines present a checklist on serving a variety of foods; serving plenty of vegetables, fruits, and grains; choosing a low-fat diet; and using less sugar and salt. The guidelines include three easy recipes, with an explanation in each recipe of what it teaches and the food groups it uses.

NORTH CAROLINA DEPARTMENT OF HEALTH AND NATURAL RESOURCES, DIVISION OF WOMEN'S AND CHILDREN'S HEALTH, NUTRITION SERVICES SECTION.

**Food habits that concern parents.**

[Raleigh, NC]: Nutrition Services Section, North Carolina Department of Health and Natural Resources, 1998. 2 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Photocopy available at no charge.

This document for parents discusses the eating habits of children ages 3 to 5, and offers suggestions for dealing with challenging mealtime behavior. Topics include picky eaters, children who have trouble sitting still long enough to eat, children who refuse to eat or who do not eat everything on their plate, and children who are reluctant to try new foods.

OREGON PEDIATRIC DIETITIANS PRACTICE GROUP.

**Help your child eat right.**

[Portland, OR]: Oregon Pediatric Dietitians Practice Group, [1997]. 2 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Photocopy available at no charge.

This fact sheet describes how to give children a healthy start to their day through good nutrition. Mealtime and snack ideas are presented, along with information on how and why to provide snacks. Included are suggestions for physical activities and role modeling to help teach children about good nutrition.

[SHUFFLEBARGER, C.]

**Shopping list to protect your child from lead poisoning.**

[Richmond, VA: Virginia Department of Health], [1996]. 1 p.

*Contact:* Cindy Shufflebarger, Virginia Department of Health, 1500 East Main Street, Suite 132, Richmond, VA 23219. Telephone: (804) 225-4462; fax: (804) 371-6162; e-mail: cshufflebarger@vdh.state.va.us. Artwork for this document is available from the Virginia Department of Health; a photocopy of the document is available from NCEMCH.

This shopping checklist provides recommendations to help protect children from lead poisoning. The resource recommends feeding children a meal or snack every 2 or 3 hours using the calcium-rich, iron-rich, and vitamin C-rich foods printed on the list. The checklist also contains blank lines for the user to write additional items he or she wants to purchase from the grocery store. The checklist is in the form of a pad with multiple tear-off copies.

U.S. DEPARTMENT OF AGRICULTURE, CENTER FOR NUTRITION POLICY AND PROMOTION.

**The food guide pyramid. (Rev. ed.)**

Washington, DC: U.S. Government Printing Office, 1996. 29 pp.

*Contact:* Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, 1120 20th Street, Suite 200, North Lobby, Washington, DC 20036-3475. Web site: <http://www.usda.gov/fcs/cnpp.htm>. Available from the CNPP Web site at no charge.

This brochure was developed to help consumers put the Dietary Guidelines for Americans into action. The brochure reviews the dietary guidelines, the components of the food guide pyramid, serving sizes, ways to adapt the food guide pyramid to individual needs, and selection tips for choosing foods from each of the food groups. Special sections are devoted to fat, cholesterol, sugar, and sodium. Included is a short form for rating a person's diet.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, PUBLIC HEALTH SERVICE, NATIONAL INSTITUTES OF HEALTH, NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES.

**Helping your overweight child.**

Bethesda, MD: National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, 1997. 15 pp.

*Contact:* Jackie Haven, Weight Control Information Network, National Institute of Diabetes and Digestive and Kidney Diseases, 1 Win Way, Bethesda, MD 20892. Telephone: (301) 984-7378; fax: (301) 984-7196; Web site: <http://www.niddk.nih.gov>. First 25 copies available at no charge.

This pamphlet provides information and health strategies for parents whose children are overweight. Families are encouraged to adopt healthy eating habits, reduce fat intake, and increase physical activity rather than placing the child on a restrictive diet or using food as a reward or punishment. Parents are advised to consult a health professional to determine whether the child's weight is within a healthy range or whether the child will "grow into" a healthy weight. Basic nutrition information and tips for changing attitudes about food are provided. Additional reading and resources are suggested. The publication was field tested for appropriate reading level and design.

UNIVERSITY OF ALABAMA AT BIRMINGHAM, SPARKS CENTER FOR DEVELOPMENTAL AND LEARNING DISORDERS.

**Nutrition for children with special health care needs.**

Birmingham, AL: Sparks Center for Developmental and Learning Disorders, University of Alabama at Birmingham, [1995]. 8 brochures.

*Contact:* Janet Isaacs, Sparks Center for Developmental and Learning Disorders, University of Alabama at Birmingham, 1720 Seventh Avenue South, Birmingham, AL 35294. Telephone: (205) 934-5471; fax: (205) 975-2380; e-mail: [JIsaacs@civmail.circ.uab.edu](mailto:JIsaacs@civmail.circ.uab.edu). \$2.50 (plus \$3.00 if not pre-paid).

This set of brochures is designed to help parents of children with special health care needs pro-

mote their child's nutrition and good eating habits. The set contains a general brochure on nutritional goals, growth, feeding skills, disease resistance, energy, and normal elimination, and nine subject-specific brochures on chewing, positioning for eating, weight gain, self-feeding, swallowing, relieving constipation, fluid needs, drinking from a cup, and preventing iron-deficiency anemia.

UNIVERSITY OF ALABAMA AT BIRMINGHAM, SPARKS CLINICS.

**Dietary management of the child with spina bifida.**

Birmingham, AL: Sparks Center for Developmental and Learning Disorders, University of Alabama at Birmingham, [1995]. 15 pp.

*Contact:* Janet Isaacs, Sparks Center for Developmental and Learning Disorders, University of Alabama at Birmingham, 1720 Seventh Avenue South, Birmingham, AL 35294. Telephone: (205) 934-5471; fax: (205) 975-2380; e-mail: [JIsaacs@civmail.circ.uab.edu](mailto:JIsaacs@civmail.circ.uab.edu). \$0.75 (plus \$3.00 if not pre-paid).

This pamphlet was written for parents of young children with spina bifida. Health concerns such as urinary tract infections, constipation, obesity, meal patterns for infants, foods for children, sample menus, diet plans, snacks, and tips for decreasing calories are discussed and explained to assist parents in caring for their children with spina bifida. [Funded by the Maternal and Child Health Bureau]

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# REPORTS

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BELL, K. N.

**Strategies for promoting health and assuring access to health care in child care settings.**

New York, NY: National Center for Children in Poverty, 1995. 28 pp.

*Contact:* Elizabeth Siecke, National Center for Children in Poverty, Columbia University, 154 Haven Avenue, Second Floor, New York, NY 10032. Telephone: (212) 304-7119; fax: (212) 544-4200 or -4201; e-mail: ejs22@columbia.edu. \$8.00.

This working paper explores ways in which the child care community and the health care community can work together, even in the current political uncertainty marked by changes in health care delivery systems and shrinking resources for the early childhood community. The paper proposes and discusses three strategies: developing new statewide initiatives to promote linkages between the two communities, heightening the awareness of health and child care administrators about health needs and opportunities related to child care, and encouraging local initiatives for comprehensive services for preschoolers that include health components. The paper includes a chart of child health goals, objectives for program administrators, and potential implementation strategies.

COLUMBIA UNIVERSITY SCHOOL OF PUBLIC HEALTH, CENTER FOR POPULATION AND FAMILY HEALTH, MATERNAL AND CHILD HEALTH PROGRAM.

**A report of the Region II Head Start health needs assessment = Head Start on health: Reconfiguring the health services component in the 21st century.**

New York, NY: Center for Population and Family Health, Columbia University School of Public Health, 1995. 97 pp.

*Contact:* Catherine Cowell, 730 Riverside Drive, 3B, New York, NY 10031. Telephone: (212) 234-5416. \$10.00 includes shipping and handling.

This report documents the current health and nutrition problems of children and families in the Head Start programs in the U.S. Department of Health and Human Services Region II and describes how the health services component of Head Start is implemented at the local program level. Topics include demographics of communities served by Head Start, child health problems, health screening, barriers to diagnosis and treatment, linkages with providers, staff health, health coordinators, training needs, focus groups with mothers and grandmothers, staff perspectives, and recommended strategies. The study was funded by the Administration for Children and Families.

IOWA DEPARTMENT OF PUBLIC HEALTH,  
BUREAU OF NUTRITION AND WIC.

**WIC nutrition education needs assessment  
(Rev. ed.)**

Des Moines, IA: Bureau of Nutrition and WIC, Iowa Department of Public Health, 1998. 59 pp.

*Contact:* Jewell Chapman, Iowa WIC Program, Iowa Department of Public Health, 321 East 12th and Grand, Des Moines, IA 50319. Telephone: (515) 281-4919; fax: (515) 281-4913; e-mail: jchapman@idph.state.ia.us. Available at no charge.

This document is designed to assist with the analysis of several data sets describing the health status and nutrition education needs of WIC participants, including pregnant women, breastfeeding and postpartum women, infants, and children. The series of worksheets included can help users compare and contrast similar data from several sources in order to draw conclusions about a particular health indicator or behavior. The worksheets reference relevant goals and objectives from *Healthy People 2000* and *Healthy Iowans 2000*. The document also includes several worksheets for recording information about staffing patterns, the current delivery system for nutrition services, and participant feedback.

ISAACS, J. S., CIALONE, J., HORSLEY, J. W., HOLLAND, M., AND NARDELLA, M.

**Children with special health care needs: A community nutrition pocket guide.**

Birmingham, AL: UAB Sparks Clinics, 1997. 104 pp.

*Contact:* Janet S. Isaacs, Ph.D., R.D., Sparks Clinics, 208 Sparks Center, 1720 Seventh Avenue, South, Birmingham, AL 35294-0017. Telephone: (205) 934-5471 or (205) 934-1064; fax: (205) 975-2380; e-mail: JIsaacs@civmail.circ.uab.edu. \$19.50 includes shipping and handling.

This manual provides quick reference information on nutrition for children with special health care needs. It was prepared for registered and licensed dietitians who are not working in a major medical center; dietitians in managed care settings; dietitians working in public service or WIC programs; private consultants; dietetic students; and other health care providers who hire consultants for nutrition services. Topics include growth, diet and nutrition, feeding and eating, non-oral enteral feeding, fluid and bowel problems, and community services and programs. The manual includes references and a glossary.

NATIONAL ACADEMY OF SCIENCES,  
INSTITUTE OF MEDICINE, FOOD AND  
NUTRITION BOARD, COMMITTEE ON  
SCIENTIFIC EVALUATION OF WIC NUTRITION  
RISK CRITERIA.

**WIC nutrition risk criteria: A scientific assessment.**

Washington, DC: National Academy Press, 1996. 377 pp.

*Contact:* National Academy Press, 2101 Constitution Avenue, N.W., Lockbox 285, Washington, DC 20055. Telephone: (800) 624-6242 or (202) 334-3313; fax: (202) 334-2451; Web site: <http://www.nap.edu>. \$39.00 plus \$4.00 shipping and handling; prepayment required by check, money order, or credit card; purchase orders accepted.

This report analyzes the nutritional risk assessment criteria used to determine eligibility and priority for WIC. The report evaluates whether the criteria identify most people who are at risk and target those whom the program can help best. The report recommends methods for evaluating

the need for nutritional help and suggests ways to assign priorities so that both nutritional need and ability to benefit from the program are taken into account.

U.S. DEPARTMENT OF AGRICULTURE,  
CENTER FOR NUTRITION POLICY AND  
PROMOTION.

**The healthy eating index.**

Washington, DC: Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, 1995. 23 pp.

*Contact:* Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, 1120 20th Street, N.W., Washington, DC 20036. Telephone: (202) 606-8000; fax: (202) 208-2322; Web site: <http://www.usda.gov/fcs/cnpp.htm>. Available from the CNPP Web site at no charge.

This index measures how well the diets of Americans conform to the recommendations of the U.S. Department of Agriculture's Dietary Guidelines for Americans and the food guide pyramid. Researchers can use the index to analyze how Americans eat, and the Department of Agriculture will use it in developing more effective nutrition-promotion messages for its programs and the general public.

WEST VIRGINIA DEPARTMENT OF HEALTH  
AND HUMAN RESOURCES, BUREAU FOR  
PUBLIC HEALTH, OFFICE OF NUTRITION  
SERVICES, WEST VIRGINIA WIC PROGRAM.  
**West Virginia Pediatric Nutrition Surveillance  
System (PedNSS): 1996 annual summary.**

[Charleston, WV]: West Virginia WIC Program, West Virginia Department of Health and Human Resources, [1997]. 29 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; e-mail: [info@ncemch.org](mailto:info@ncemch.org); Web site: <http://www.ncemch.org>. Photocopy available at no charge.

This annual summary reports West Virginia's participation in the Pediatric Nutrition Surveillance System (PedNSS), through which the Centers for Disease Control and Prevention monitor the preva-

lence of specific health indicators of nutrition risk in infants, children, and adolescents in families with low incomes. This allows for the evaluation of health indicators for this population over time. The data are then used to supply information for planning health priorities and policies and for guiding, improving, and supporting decisions regarding nutrition interventions at state and local levels. The nutrition risk indicators collected in PedNSS are short stature (low height for age), underweight

(low weight for height), overweight (high weight for height), anemia (low hemoglobin), and low birthweight (<2,500 grams). Infant feeding practices data are also collected for children under 2 to assess the prevalence and duration of breastfeeding. West Virginia statewide data, regional data, and selected local clinic data are presented in this report. *Healthy People 2000* objectives for nutrition are presented (as appropriate).

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## RESOURCE PACKETS

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CALIFORNIA DEPARTMENT OF EDUCATION,  
CHILD NUTRITION AND FOOD  
DISTRIBUTION DIVISION, NUTRITION  
EDUCATION AND TRAINING PROGRAM.

### **Shaping healthy food choices.**

Sacramento, CA: California Department of Education, 1995. 1 information packet.

*Contact:* Publications Division, Sales Office, California Department of Education, P.O. Box 271, Sacramento, CA 95812. Telephone: (800) 995-4099; fax: (916) 323-0823. \$7.50 plus shipping and handling.

This packet provides a variety of fact sheets (1) for child care providers to use in establishing a healthful eating environment for children, and (2) to publicize nutrition's role in the growth, development, learning, and activity of children. The fact sheets do the following: promote nutrition in chronic disease prevention and health promotion; underscore the importance of nutrition in the growth, development, learning, and activity of a young child; emphasize the importance of the caregiver's role in shaping healthy food habits in young children; and promote the Child and Adult Care Food Program in enhancing the nutrition and educational status of young children.

MINER, K., HAUGHTON, B., AND SHAW, J.

### **Contemporary public health nutrition practice: 1996 Region IV public health nutrition three part series.**

Knoxville, TN: Department of Nutrition, Univer-

sity of Tennessee, 1996. 5 items, 2 videotapes (20:40 minutes, 60 minutes).

*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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Available for loan.

This information package contains material used for continuing education for public health nutritionists: the objectives and agenda for the program; the pre-teleconference assignment workbook; the participant evaluation; and two videotapes. The goal of the training was to enhance the ability of public health nutrition personnel to apply new skills required for contemporary public health practice. Topics covered include clinical versus public health services, community needs assessments, computer technology, and public health and professional networks. [Funded by the Maternal and Child Health Bureau]

PARKS, L. (ED.)

### **Texas child care.**

Austin, TX: Texas Workforce Commission, [1976-]. Quarterly.

*Contact:* Louise Parks, Editor, Langham and Parks Partnership, P.O. Box 162881, Austin, TX 78716. Telephone: (512) 441-6633; fax: (512) 441-6522. \$10.00 for non-Texas residents, \$10.84 for Texas residents, for 1-year subscription.

This quarterly newsletter for child care providers

includes a regular section on licensing, regulations and minimum standards for child care facilities, and program activities and events. Each issue contains an annotated list of new publications related to child care, and a column on issues concerning children with special health care needs. Each edition includes a pullout section and poster that present educational information for parents. A self-study guide for each issue offers an opportunity to earn self-instructional training credit through the use of that issue.

SCHOLASTIC, AND U.S. DEPARTMENT OF AGRICULTURE, TEAM NUTRITION.

**Food and me: An integrated approach to teaching nutrition—Teacher's kit: Pre-K and kindergarten.**

Jefferson City, MO: Scholastic, [1995]. 35 pieces.

*Contact:* Scholastic, 2931 East McCarty Street, Jefferson City, MO 65101. Telephone: (800) 724-6527; fax: (314) 635-5881. \$54.94 plus 9 percent shipping and handling.

The materials in this kit are intended to encourage children to eat a variety of foods and to consume more fruits and vegetables as well as less fat in their diet. The kit contains a teacher's guide, a set of magazines to be distributed to the class, materials to be reproduced for parents, two large posters, and newsletters for the children to take home.

TUFTS UNIVERSITY, SCHOOL OF NUTRITION SCIENCE AND POLICY, CENTER ON HUNGER, POVERTY AND NUTRITION POLICY, WITH HIPPIY USA.

**Exploring healthy eating: Activities for parents and children together.**

Medford, MA: Center on Hunger, Poverty and Nutrition Policy, Tufts University, [1997]. 36 pp.

*Contact:* National Maternal and Child Health Clearinghouse, 2070 Chain Bridge Road, Suite 450, Vienna, VA 22182-2536. Telephone: (703) 356-1964; fax: (703) 821-2098; e-mail: nmchc@circsol.com; Web site: <http://www.circsol.com/mch>. Available at no charge.

This information package, available in English and Spanish, is made up of loose pages with dietary information and suggested activities and recipes,

developed for parents who want to promote healthy eating habits in their children. The six units cover how to keep your child's mind on learning by providing healthy meals and snacks; encouraging good eating habits; making mealtimes pleasant and turning them into learning opportunities; planning child-appealing meals on a budget; shopping wisely with or without your children; and letting your children help you prepare food. The units contain activities, recipes, and information on such topics as the food pyramid, how to read labels, and eligibility for food programs.

U.S. DEPARTMENT OF AGRICULTURE, CENTER FOR NUTRITION POLICY AND PROMOTION AND COOPERATIVE STATE RESEARCH EDUCATION AND EXTENSION SERVICE.

**[Community nutrition action kit: For people where they live, learn, and play].**

Alexandria, VA: Center for Nutrition Policy and Promotion and Cooperative State Research Education and Extension Service, U.S. Department of Agriculture, 1996. 214 pp., 1 videotape (8 minutes, VHS 1/2 inch), 2 brochures, 2 posters.

*Contact:* Team Nutrition, Food and Nutrition Service, U.S. Department of Agriculture, 3101 Park Center Drive, Room 802, Alexandria, VA 22302. Telephone: (703) 305-1624; fax: (703) 305-2148; Web site: <http://www.schoolmeals.nal.usda.gov>; 8001. Available at no charge.

This action kit, developed as part of the Team Nutrition program, enables communities to be more effective in demonstrating their commitment to improved nutritional experiences for children wherever they live, learn, and play. The kit consists of a manual and a videotape. Section 1 of the manual, the introductory session, provides an overview of the program and kit, information about its origins and development, and an introduction to the mission, principles, and messages of Team Nutrition. This section also describes the organization of the kit, including its components and program features. Sections 2, 3, and 4 present learning activities and include master copies for reproducing selected handouts and other materials. Section 5 contains a variety of resource material needed when implementing the activities, including two posters and information on the food guide pyramid. It also contains references for the learning activities, a list of state extension

Team Nutrition contracts, information about the regional U.S. Department of Agriculture Team Nutrition network, and a list of supporters. The videotape promotes the program.

UNIVERSITY OF MASSACHUSETTS EXTENSION.

**Fit in 5: Family fun for good health.**

[Amherst], MA: University of Massachusetts Extension, [1996]. 5 booklets.

*Contact:* Rita Brennan Olson, University of Massachusetts Extension, 202 Chenoweth, University of Massachusetts, Amherst, MA 01003. Telephone: (413) 545-0552; fax: (413) 545-1074; e-mail: ritabo@nutrition.umass.edu. \$15.00.

This set of five booklets is designed to promote nutrition education. Each booklet discusses fami-

ly nutrition and fitness as well as topics specific to that volume. Booklet 1, titled "5 Ways to Build Better Behaviors," discusses the use of apples. Booklet 2, titled "5 Ways to Eat for Health," discusses testing nutrition knowledge, family nutrition, and the use of cabbage. Booklet 3, titled "5 Ways to Shop Smart," discusses family food buying, shopping with children, and the use of broccoli. Booklet 4, titled "5 Ways to Make Healthy Menus," discusses calories, involving families in menu planning, and the use of beans. Booklet 5, titled "5 Ways to Eat Healthy Away from Home," discusses assessing eating habits away from home, purchasing take-out food, packing a lunch, shopping for vegetables, and the use of greens. Each of the first four booklets is accompanied by an activity sheet. A program evaluation form is also included.

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## VIDEOTAPES

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COLUMBIA UNIVERSITY, TEACHERS COLLEGE, PROFESSIONAL DEVELOPMENT AND EDUCATIONAL PROGRAMS DIVISION, INSTITUTE FOR URBAN AND MINORITY EDUCATION.

**Nutrition: Fostering good eating habits.**

[Albany, NY]: New York State Department of Social Services, 1995. 1 videotape (25:30 minutes, VHS 1/2 inch), 1 booklet (17 pp.).

*Contact:* Early Childhood Education and Training Program, State University of New York, State University Plaza, Albany, NY 12246. Telephone: (518) 433-8202; fax: (518) 433-8496; e-mail: suzanne.sennett@dss.mailnet.state.ny.us. \$12.95.

This videotape is designed to help early childhood professionals increase their knowledge of nutrition, enhance their understanding of the nutritional needs of young children, and assist in planning nutritious meals and snacks for the children in their care. It covers meeting infants' nutritional needs, encouraging toddlers to eat healthy foods, involving preschoolers in food activities, and increasing professionals' knowledge.

FAR WEST LABORATORY FOR EDUCATIONAL RESEARCH AND DEVELOPMENT.

**Today's special: A fresh approach to meals for preschoolers.**

Sacramento, CA: California Department of Education, 1995. 1 videotape (26 minutes, VHS 1/2 inch), 1 booklet (20 pp.).

*Contact:* Bureau of Publications, California Department of Education, P.O. Box 271, Sacramento, CA 95812-0271. Telephone: (916) 445-1260 or (800) 995-4099; fax: (916) 323-0823. \$16.00.

This videotape and accompanying magazine are designed to help child care providers with nutrition services by offering an approach to planning menus, purchasing foods, and preparing meals for preschoolers. Sample recipes are included.

FOODPLAY PRODUCTIONS.

**Janey Junkfood's fresh adventure.**

Northampton, MA: Foodplay Productions, 1996. 1 videotape (30 minutes, VHS 1/2 inch), 1 guidebook (30 pp.).

*Contact:* Foodplay, 221 Pine Street, 3A6, Northampton, MA 01060. Telephone: (413) 524-7802; e-mail: foodplay@crocker.com; Web site: www.foodplay.com. \$99.00.

This videotape and guidebook teach children how to be nutrition-smart and consumer-wise. The materials teach children how to eat a variety of foods from the food pyramid, make healthy choices, cut down on sugar and fat, read food labels and “see through” commercials, and enjoy keeping active. Reproducible student activity sheets, lesson plans, learning objectives, nutrition basics for teachers, discussion questions, and recommended resources are also included.

#### FOODPLAY PRODUCTIONS.

##### **Kids' kitchen. (Rev. ed.)**

Northampton, MA: Foodplay Productions, 1996. 1 videotape (45 minutes, VHS 1/2 inch), 1 guidebook (24 pp.).

*Contact:* Foodplay, 221 Pine Street, 3A6, Northampton, MA 01060. Telephone: (413) 524-7802; e-mail: foodplay@crocker.com; Web site: www.foodplay.com. \$129.00.

This videotape and guidebook set includes 20 reproducible handouts on snack recipes, step-by-step multidisciplinary lesson plans, hands-on activities for nutrition fun, nutrition basics and safety rules, and a list of recommended resources. Lessons are presented on the food guide pyramid and creative ways of consuming five servings of fruits and vegetables daily. Also included are tips for both adults and children on reading food labels, kitchen safety, food budgeting, and planet-friendly choices. All recipes use foods reimbursable through the Department of Agriculture's Child and Adult Care Feeding Program.

#### GEORGIA DEPARTMENT OF EDUCATION, NUTRITION EDUCATION AND TRAINING UNIT.

##### **Look who's cooking! How food preparation can help children learn and develop.**

Atlanta, GA: Nutrition and Education Training Unit, Georgia Department of Education, 1997. 1 videotape (30 minutes, VHS 1/2 inch), 1 booklet (12 pp.).

*Contact:* National Food Service Management Institute, University of Mississippi, P.O. Drawer 188, University, MS 38677. Telephone: (800) 321-3054; fax: (404) 657-9188; e-mail: nfsmi@olemiss.edu. Contact for cost information.

This videotape demonstrates food preparation activities for young children. The videotape explains how food preparation activities can help children increase cognitive and motor skills, better understand concepts taught in the classroom, develop skill in preparing nutritious snacks and simple food items, increase confidence and self-esteem, and enjoy family interaction through food preparation. Parents of children in grades K-3 and teachers are the intended audience. The videotape demonstrates food preparation for breakfast, after-school snack, and dinner salad.

GOLDBERG, D., HOLLAND, M., CUNNIFF, P., DWYER, J., PALMER, C., BAYERL, C. T., AND RIES, J. D.

##### **Consuming concerns: Nutrition services in early intervention.**

[Boston, MA]: Frances Stern Nutrition Center, New England Medical Center, ca. 1996. 1 trainer's guide (30 pp.), 1 videotape (VHS 1/2 inch).

*Contact:* Nora Saul, Frances Stern Nutrition Center, New England Medical Center, 750 Washington Street NEMC No. 783, Boston, MA 02111. Telephone: (617) 636-5273. \$25.00 for first copy; \$20.00 for each additional copy.

This videotape and trainer's guide provide in-service training in nutrition issues concerning children ages newborn to 3 who have special health care needs. The materials are directed toward health and education professionals working in early intervention programs. The videotape discusses six common nutritional concerns in the early intervention population, and the role of the nutritionist as a member of, or consultant to, the early intervention team. The trainer's guide includes a pretest, description of nutrition services stipulated in P.L. 102-119 (Individuals with Disabilities Education Act), outline of the components of nutrition screening, reproducible handouts, and discussion questions. [Funded by the Maternal and Child Health Bureau]

[INDIANA FAMILY AND SOCIAL SERVICES ADMINISTRATION AND BALL STATE UNIVERSITY].

**Food for thought: Nutrition and children.**

[Muncie, IN: Ball State University], 1997. 1 video (30 minutes, VHS 1/2 inch), 1 teaching guide.

*Contact:* Resource Sales, National Association for the Education of Young Children, 1509 16th Street, N.W., Washington, DC 20036. Telephone: (202) 232-8777, ext. 604; fax: (202) 328-1846. \$39.00 for single copy; no shipping and handling if pre-paid; for educational institutions requesting multiple copies, contact Christi Szakaly at Ball State University, TC910, Muncie, IN 47306, (765) 285-7369.

This videotape and accompanying teaching guide are designed to help child care providers learn about the role of nutrition as an essential element in child development, and to become aware of appropriate foods and food preparation skills that enhance a child's diet and development. The materials also provide an opportunity to gain and practice skills that can foster the social development of children during mealtime.

NEW ENGLAND MEDICAL CENTER, FRANCES STERN NUTRITION CENTER.

**The missing link: Self study continuing education for nutrition services awareness in early intervention.**

Boston, MA: Frances Stern Nutrition Center, New England Medical Center, 1995. 1 videotape (18 minutes), 1 workbook (30 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; e-mail: info@ncemch.org; Web site: <http://www.ncemch.org>. Available for loan.

This videotape and workbook are designed to help early intervention professionals appreciate the importance of nutrition and feeding concerns in children with special health care needs. The materials show how to screen for nutrition issues and how to ensure proper nutrition services for children and families enrolled in early intervention programs. The videotape features three families discussing their nutrition concerns and the services they received. The workbook provides

guidance for analysis and discussion of the videotape, and includes background information, screening forms, and a bibliography. [Funded by the Maternal and Child Health Bureau]

PALMER, C., LEUNG, J., AND CASEY, V. A.

**Consuming cues: Helping children reach their potential through good nutrition.**

[Boston, MA]: Frances Stern Nutrition Center, New England Medical Center, [1997]. 1 guidebook (36 pp.), 1 videotape (16 minutes, VHS 1/2 inch).

*Contact:* Nora Saul, Frances Stern Nutrition Center, New England Medical Center, 750 Washington Street NEMC No. 783, Boston, MA 02111. Telephone: (617) 636-5273. \$25.00 for first copy; \$20.00 for each additional copy.

This videotape and guidebook are designed to help health professionals recognize and solve common nutrition issues and concerns of young children, especially those with special health care needs. The videotape discusses problems with growth, feeding and swallowing issues, bowel issues, effects of medicines, and dental issues. It shows how to recognize when children are having difficulties in each of these areas and provides suggestions for managing the problems. The guidebook has sections for self-assessment for caregivers, handouts on nutrition cues summarizing each of the five areas of the videotape, questions for thought, and the script of the videotape for following along.

WESTED.

**Room at the table: Meeting children's special needs at mealtime.**

Sacramento, CA: California Department of Education, 1996. 1 videotape (23 minutes, VHS 1/2 inch), 1 booklet (15 pp.).

*Contact:* Bureau of Publications, California Department of Education, P.O. Box 271, Sacramento, CA 95812-0271. Telephone: (916) 445-1260 or (800) 995-4099; fax: (916) 323-0823. \$16.00.

This videotape and booklet discuss care of children with special needs at mealtime in the child care setting. The topics discussed are the relationship between the child's development and mealtime needs, adapting meals to the child's needs, and helping the child have successful meals.

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# AGENCIES AND ORGANIZATIONS

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# FEDERAL AGENCIES

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## **Administration for Children and Families**

U.S. Department of Health and Human Services  
Office of Public Affairs  
370 L'Enfant Promenade, S.W., Seventh Floor  
Washington, DC 20447  
Tel: (202) 401-9215  
Web site: <http://www.acf.dhhs.gov>

The Administration for Children and Families (ACF) administers programs focusing on the well-being of children and the self-sufficiency of families. Services at ACF include programs involving persons with developmental disabilities, child care, child welfare services, prevention and treatment of child abuse and neglect, runaway and homeless youth, Head Start, Temporary Assistance for Needy Families (TANF), and child support enforcement issues. ACF provides consumers with referrals, publications, and reference information. It publishes a newsletter, sponsors conferences and training seminars, and provides some materials in Spanish.

## **Center for Nutrition Policy and Promotion**

U.S. Department of Agriculture  
1120 20th Street, N.W., Suite 200, North Lobby  
Washington, DC 20036  
Tel: (202) 418-2312  
Web site: <http://www.usda.gov/fcs/cnpp.htm>

The Center for Nutrition Policy and Promotion develops the dietary guidelines for Americans, the food guide pyramid, and the healthy eating index; calculates families' expenditures on children and the cost of food at home; analyzes the nutrient content of the U.S. food supply; publishes a family economics and nutrition review; and distributes publications for health professionals and consumers.

## **Child Care Health and Safety Program**

National Center for Infectious Diseases  
Centers for Disease Control and Prevention  
1600 Clifton Road, N.E., Mailstop A07  
Atlanta, GA 30333  
Tel: (404) 639-6475  
Fax: (404) 639-6483  
Web site: <http://www.cdc.gov>

The Child Care Health and Safety Program provides consultation and technical assistance to other components of the Centers for Disease Control and Prevention, state and local health agencies, health care and child care providers, and the public. Services to consumers include referrals, publications, and reference information. The program also conducts research and intervention activities in the area of child care health, develops and distributes educational materials on child care health and safety, and works with national public health, health care, and child care organizations to promote healthy and safe child care. Available publications include a handbook, *ABCs of Safe & Healthy Child Care*, and a videotape, *Handwashing & Diapering*. A poster on handwashing is available in Spanish.

## **Cooperative State Research, Education, and Extension Service**

U.S. Department of Agriculture  
1400 Independence Avenue, S.W., Stop 2207  
Washington, DC 20250-2207  
Tel: (202) 720-4651  
Web site: <http://www.reeusda.gov>

The Cooperative State Research, Education, and Extension Service (CSREES) is a partnership of the federal government, state land-grant universities, and county governments. The service conducts a variety of activities, including public education about agriculture, foods, and nutrition. Contained within CSREES are the Expanded Food and Nutrition Education Program (EFNEP) and the Cooperative Extension System (CES). EFNEP is a program designed to help low-income families and youth acquire the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets and to contribute to their personal development and the improvement of total family diet and nutritional welfare. CES is a national educational network committed to providing comprehensive, flexible, and responsive programs that meet the needs of limited-resource families with young children. Local offices of CSREES can be contacted through county governments.

### **Food and Drug Administration**

Department of Health and Human Services  
Office of Consumer Affairs  
5600 Fishers Lane, Room 16-75  
Rockville, MD 20857  
Tel: (301) 827-4420, (800) 532-4440  
Fax: (301) 443-9767  
Web site: <http://www.fda.gov>

The Office of Consumer Affairs responds to inquiries and provides information, referrals, and publications on foods, drugs, medical devices, and medications. The Food and Drug Administration publishes a catalog and a newsletter. Some publications are available in Spanish.

### **Food and Nutrition Information Center**

National Agricultural Library  
U.S. Department of Agriculture  
10301 Baltimore Avenue, Room 304  
Beltsville, MD 20705-2351  
Tel: (301) 504-5719  
Web site: <http://www.nal.usda.gov/fnic>

The Food and Nutrition Information Center (FNIC) responds to inquiries and provides information, publications, and audiovisual materials on nutrition, food service management, food technology, nutrition across the life cycle, and other related topics. Publications are targeted to professionals, educators, and consumers. The organization produces bibliographies, and its resources are available in French, Spanish, and Asian and other selected languages. A variety of resource lists is available through the FNIC Web site.

### **Food and Nutrition Service**

U.S. Department of Agriculture  
3101 Park Center Drive, Room 609  
Alexandria, VA 22302  
Tel: (703) 305-2554  
Web site: <http://www.usda.gov/fcs/>

The Food and Nutrition Service (FNS), formerly called Food and Consumer Service, responds to inquiries and provides information and publications on federally funded maternal and child nutrition assistance programs, including the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Nutrition Education and Training Program (NET), Commodity Supplemental Food Program (CSFP), Food Stamps Program, and National School Lunch Program. Some materials are available in Spanish.

### **Head Start Program**

Administration for Children, Youth and Families  
U.S. Department of Health and Human Services  
330 C Street, S.W., Room 2018  
Washington, DC 20201  
Tel: (202) 401-9215  
Web site: <http://www.acf.dhhs.gov/programs/hsb/>

The Head Start Program provides comprehensive child development services for preschool children (3 to 5 years old) from families with low incomes. All local Head Start programs offer four major components: education, social services, parent involvement, and health services (including medical, dental, nutrition, and mental health services). Local programs are administered through grants from the Administration for Children, Youth and Families, U.S. Department of Health and Human Services. The authorizing legislation specifies that at least 10 percent of Head Start's national enrollment must consist of children with disabilities.

### **Indian Health Service**

U.S. Department of Health and Human Services  
5600 Fishers Lane, Room 6A-55  
Rockville, MD 20857  
Tel: (301) 443-1114  
Web site: <http://www.tucson.ihs.gov/>

The Indian Health Service (IHS) provides medical, dental, and environmental health programs and other health services through IHS facilities, tribally contracted hospitals, health centers, school health centers, and health stations. Publications include reports, directories, brochures, and pamphlets highlighting IHS activities.

### **Maternal and Child Health Bureau**

Health Resources and Services Administration  
U.S. Department of Health and Human Services  
5600 Fishers Lane  
Parklawn Building  
Rockville, MD 20857  
Tel: (301) 443-6600  
Fax: (301) 443-1296  
Web site: <http://www.dhhs.gov/hrsa.mchb>

The Maternal and Child Health Bureau (MCHB) funds Maternal and Child Health Block Grants (under Title V of the Social Security Act) in the 50 states and in nine other U.S. jurisdictions, provides technical assistance to state maternal and child health programs and service providers, and funds a variety of demonstration, research, and

training grants, including special projects of regional and national significance (SPRANS).

### **National Center for Health Statistics**

Centers for Disease Control and Prevention  
6525 Belcrest Road  
Presidential Building, Room 1064  
Hyattsville, MD 20782  
Tel: (301) 436-8500 (Information Services)  
Web site: <http://www.cdc.gov/nchswww>

The National Center for Health Statistics (NCHS) Data Dissemination Branch is a national resource for vital statistics and health-related information. The center collects and disseminates data on major health and nutrition indicators affecting the population. Data are presented so that specific groups, such as children and adolescents, can be isolated. Publications include statistical reports and information on morbidity and mortality, use of health resources, nutritional status, and survey research. The center responds to inquiries from consumers and professionals. A catalog is available.

### **National Institutes of Health**

U.S. Department of Health and Human Services  
9000 Rockville Pike  
Building 1, Room 344  
Bethesda, MD 20892  
Tel: (301) 496-5787  
Fax: (301) 496-0017  
Web site: <http://www.nih.org>

The National Institutes of Health (NIH) is the principal medical research arm of the federal government. Its programs focus on basic and applied research on the causes, diagnosis, prevention, treatment, and rehabilitation of human diseases and disabilities; the fundamental biological process of growth, development, and aging; and the biological effects of the environment. NIH conducts research in its own laboratories and supports research in universities, hospitals, and other institutions across the country and worldwide. It also supports the training of career researchers, and promotes effective ways to communicate biomedical information to scientists, health practitioners, and the public. Publications include a catalog and almanac.

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## FEDERALLY FUNDED PROJECTS

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### **Child Care Plus**

Rural Institute on Disabilities  
University of Montana  
52 North Corbin Hall  
Missoula, MT 59812  
Tel: (406) 243-6355; (800) 235-4122;  
(406) 243-5467 (TTY)  
Web site: <http://www.ruralinstitute.umt.edu>

Child Care Plus provides technical assistance, written materials, and training for families, child care providers, and others who support inclusion of children with special health care needs in early childhood programs. Services to consumers include referrals, publications, and reference information. The organization publishes a newsletter and sponsors training seminars.

### **ERIC Clearinghouse on Elementary and Early Childhood Education**

51 Gerty Drive  
Champaign, IL 61820-7469  
Tel: (217) 333-1386  
Web site: <http://www.ecrips.crc.uiuc.edu>

The ERIC Clearinghouse on Elementary and Early Childhood Education offers a variety of information services on the growth, development, and education of children from birth to early adolescence. Services include the National Parent Information Network and PARENTS AskERIC, information services for parents on the Internet. Other services include a fee-based computer search service, conference presentations, workshops, and seminars. Publications include materials for parents, caregivers, and teachers of young children (in Spanish, Chinese, and English) as well as a monograph series, a newsletter, an electronic

journal, and a series of ERIC Digests on topics of interest in parenting and education.

### **Healthy Child Care America Campaign**

Maternal and Child Health Bureau  
Health Resources and Services Administration  
U.S. Department of Health and Human Services  
5600 Fishers Lane  
Parklawn Building, Room 18A-39  
Rockville, MD 20857  
Tel: (301) 443-6600  
Fax: (301) 443-1276  
Web site: <http://www.dhhs.gov/hrsa.mchb>

The Healthy Child Care America Campaign is a joint effort of two federal agencies, the Maternal and Child Health Bureau of the Health Resources and Services Administration, and the Child Care Bureau of the Administration for Children and Families. The campaign's kick-off in May 1995 convened child care and health care experts from local, state, and national organizations and agencies to develop the "Blueprint for Action." The document provides 10 action steps communities can take either to expand existing public and private services and resources or to create new ones that link families, health care, and child care. One of these action steps focuses on strengthening and improving nutrition services in child care.

### **National Center for Education in Maternal and Child Health**

2000 15th Street, North, Suite 701  
Arlington, VA 22201-2617  
Tel: (703) 524-7802  
Fax: (703) 524-9335  
Web site: <http://www.ncemch.org>

The National Center for Education in Maternal and Child Health (NCEMCH), funded through a cooperative agreement from the federal Maternal and Child Health Bureau (MCHB), provides national leadership to the maternal and child health community in three key areas: program development, policy analysis and education, and state-of-the-art knowledge. The center maintains a library of educational materials and publishes a variety of guides, directories, bibliographies, and newsletters. The center's information specialists and subject specialists respond to inquiries with publications, library materials, referrals, and tailored responses. NCEMCH offers online information on programs and products from special pro-

jects of regional and national significance (SPRANS) and other projects supported by MCHB. The center's Web site includes databases, bibliographies on maternal and child health topics, lists of selected organizations and MCHB-funded projects, information about center projects, and selected full-text publications. Selected records from the center's Bibliographic Database are available for online retrieval through the center's Web site. Center publications are listed in the annual National Maternal and Child Health Clearinghouse catalog, which includes materials in Spanish and various Asian languages. Services to consumers include referrals, reference information, and publications.

### **National Child Care Information Center**

301 Maple Avenue West, Suite 602  
Vienna, VA 22180  
Tel: (800) 616-2242  
Web site: <http://nccic.org>

The National Child Care Information Center (NCCIC) is an activity of the Child Care Technical Assistance Project funded by the Child Care Bureau of the Administration for Children and Families (ACF). The center disseminates child care information in response to requests from states, territories and tribes, policymakers, parents, programs, organizations, providers, and the public. NCCIC also provides outreach to ACF grantees and the broader child care community; publishes the Child Care Bulletin; analyzes child care data submitted to ACF; sponsors conferences; and distributes research, listings, and abstracts of child care publications and resources. Some materials are available in Spanish.

### **National Food Service Management Institute**

P.O. Drawer 188  
University, MS 38677-0188  
Tel: (601) 232-7658  
Fax: (601) 232-5615  
Web site: <http://www.olemiss.edu/depts/nfsmi>

The National Food Service Management Institute (NFSMI) is a national resource for nutrition programs and services that promote healthy eating behaviors in children. The institute provides information, conducts applied research, and offers training and education opportunities to child nutrition directors, managers, and personnel. NFSMI operates under a grant agreement with the

Food and Nutrition Service, U.S. Department of Agriculture. NFSMI resources are available to those connected with Child Nutrition Programs, including School Lunch, School Breakfast, Summer Feeding, Child and Adult Care, and Nutrition Education and Training Programs.

### **National Maternal and Child Health Clearinghouse**

2070 Chain Bridge Road, Suite 450  
Vienna, VA 22182-2536  
Tel: (703) 356-1964  
Fax: (703) 821-2098  
E-mail: nmchc@circsol.com  
Web site: <http://www.circsol.com/mch>

The National Maternal and Child Health Clearinghouse (NMCHC) distributes publications on adolescent health and pregnancy, nutrition, genetics, prenatal care, children with special health care needs, health and safety in child care, injury and violence prevention, and other topics in maternal and child health. These publications are produced by the Maternal and Child Health Bureau, the Healthy Mothers/Healthy Babies Coalition, the National Center for Education in Maternal and Child Health, Zero to Three, and other organizations. A publications catalog is available.

### **National Resource Center for Health and Safety in Child Care**

University of Colorado Health Sciences Center  
School of Nursing  
4200 East Ninth Avenue, Box C287  
Denver, CO 80262  
Tel: (303) 315-8124; (800) 598-KIDS  
Web site: <http://www.nrc.uchsc.edu>

The National Center for Health and Safety in Child Care, funded by the Maternal and Child Health

Bureau, provides referrals, outreach, technical assistance, and training related to health and safety in child care. The center has developed State Associate Centers in several states to serve as focal points for training and technical assistance through contacts with key partners, and it maintains and updates the database of national standards and state regulations in child care. The center develops materials, serves as the lead for issues concerning child care for children with special health care needs, and assists in the development of relevant health initiatives of the U.S. Public Health Service.

### **National Training Institute for Child Care Consultants**

Department of Maternal and Child Health  
University of North Carolina  
CB #7400, Rosenau Hall  
Chapel Hill, NC 27599-7400  
Tel: (919) 966-5976

The National Training Institute for Child Care Consultants, funded by the Maternal and Child Health Bureau, works to develop and implement standardized national training for child care and child health professionals. The institute works with child care and child health organizations to deliver the Child Care Health Consultant training program to child care and child health professionals at the national and state levels. Through this training, the institute seeks to ensure the healthy and safe development of young children in out-of-home child care and to enhance the overall quality of child care in the United States.

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# PROFESSIONAL ORGANIZATIONS

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## **American Academy of Pediatrics**

141 Northwest Point Boulevard  
P.O. Box 927  
Elk Grove Village, IL 60009-0927  
Tel: (847) 228-5005; (800) 433-9016  
Web site: <http://www.aap.org>

The American Academy of Pediatrics (AAP) develops policy, educates health professionals and the public on pediatric health needs, and advocates for children, adolescents, and families by promoting legislation and community-based programs that improve their health. Publications include *Red Book on Infectious Diseases*; *AAP News*; *Adolescent Health Update: A Clinical Guide for Pediatricians*; *Pediatric Nutrition Handbook*; policy statements; manuals; patient education materials; the monthly journal *Pediatrics*; and a publications catalog. The *Pediatric Nutrition Handbook* 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. Some resources are available in other languages, including Spanish and Asian languages. AAP also sponsors conferences and training seminars for members.

## **American Dietetic Association**

216 West Jackson Boulevard, Suite 800  
Chicago, IL 60606-6995  
Tel: (312) 899-0040; (800) 877-1600;  
(800) 366-1655  
Web site: <http://www.eatright.org>

The American Dietetic Association (ADA) is the advocate of the dietetics profession, serving the public through the promotion of optimal nutrition, health, and well-being. The association is involved in the credentialing of competent nutrition and dietetic professionals and provides continuing education for more than 68,000 members. To provide opportunities for communication and coordinated action on important issues, the association has 26 specialized practice groups. There are six practice groups covering maternal and child health: Public Health Nutrition, Dietetics in

Developmental and Psychiatric Disorders, Pediatric Nutrition, Perinatal Nutrition, School Nutrition Services, and Nutrition Education for the Public. ADA also sponsors the Nutrition and Health Campaign for Women and the Child Nutrition and Health Campaign.

## **American School Food Services Association**

1600 Duke Street, Seventh Floor  
Alexandria, VA 22314  
Tel: (703) 739-3900, (800) 877-8822  
Fax: (703) 739-3915  
Web site: <http://www.asfsa.org>

The American School Food Service Association (ASFSA) is composed of professionals in school food services or related activities in public or private schools, preschools, colleges, and universities. The association distributes information on school food and nutrition programs and child nutrition legislation, and it seeks to encourage and promote the maintenance and improvement of school food and nutrition programs. ASFSA sponsors conferences and training seminars and publishes a variety of materials, including a catalog, a newsletter, and a journal.

## **Association of State and Territorial Public Health Nutrition Directors**

1015 15th Street, N.W., Suite 403  
Washington, DC 20005  
Tel: (202) 408-1257

The Association of State and Territorial Public Health Nutrition Directors (ASTPHND) works to promote the achievement of optimal nutritional status for all sectors of the U.S. population. The association has a core membership of nutrition directors of the health departments of U.S. states, territories, commonwealths, districts, and possessions and an expanded membership of state public health nutritionists. It provides leadership in national and state food and nutrition policy, programs, and services through communication, education, research, and advocacy. It provides referrals, publications, conferences, and training seminars.

### **National Association of WIC Directors**

P.O. Box 53355  
Washington, DC 20009-3355  
Tel: (202) 232-5492  
Fax: (202) 387-5281  
Web site: <http://www.nawd.com>

The National Association of WIC Directors (NAWD) is a nonprofit organization that represents 86 state, territorial, and Native American WIC directors; 1,700 service delivery agencies throughout the nation; and more than 5.7 million program participants. The association uses its management expertise to advocate the availability of quality health and nutrition services for low-income women, infants, and children.

### **National Association for the Education of Young Children**

1509 16th Street, N.W.  
Washington, DC 20036-1426  
Tel: (202) 232-8777; (800) 424-2460  
Web site: <http://www.naeyc.org>

The National Association for the Education of Young Children (NAEYC) is the nation's largest membership organization of early childhood professionals and others dedicated to improving the quality of services for young children and their families. The association hosts an annual conference, offers resource information, provides policy-

related information and legislative analyses, and administers the National Academy of Early Childhood Programs (a voluntary national accreditation system) and the National Institute for Early Childhood Professional Development. Publications include brochures, books, videotapes, posters, a catalog, and the bimonthly journal *Young Children*. Some materials are available in Spanish.

### **National Child Care Association**

1016 Rosser Street  
Conyers, GA 30012  
Tel: (800) 543-7161  
Web site: <http://www.nccanet.org>

The National Child Care Association (NCCA) is a national membership organization of licensed private child care centers, child development staff, and state-affiliated associations. It focuses on the education, training, experience, and effectiveness of child care professionals in providing comprehensive services to children and their families. The association offers an education program that awards the national credential Certified Child Care Professional (CCP) Early Childhood Education Specialist to qualified professionals. Publications include *National Focus*, a quarterly newsletter featuring information on federal legislation, national and state initiatives, trends, and successful ideas.

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## VOLUNTARY ORGANIZATIONS

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### **Center for the Child Care Workforce**

733 15th Street, N.W., Suite 1037  
Washington, DC 20005  
Tel: (202) 737-7700  
Web site: <http://www.ccw.org>

The Center for the Child Care Workforce (CCW), formerly the National Center for Early Childhood Work Force, is a policy, advocacy, and research organization dedicated to enhancing the compensation, working conditions, and training of child care teachers and family child care providers. In addition to providing referrals to consumers and sponsoring conferences and training seminars, the

organization produces *Rights, Raises and Respect: News and Issues for the Child Care Work Force* and coordinates the National Worthy Wage Campaign and the Early Childhood Mentoring Alliance.

### **Center for Science in the Public Interest**

1875 Connecticut Avenue, N.W., Suite 300  
Washington, DC 20009-5728  
Tel: (202) 332-9110  
Web site: <http://www.cspinet.org>

The Center for Science in the Public Interest (CSPI) is a national consumer organization that focuses on health and nutrition issues. In addition

to working on policies that improve the nation's health, the organization publishes books, posters, and a magazine, *Nutrition Action Healthletter*.

### **Child Care Action Campaign**

330 Seventh Avenue, 17th Floor  
New York, NY 10001  
Tel: (212) 239-0138

The Child Care Action Campaign (CCAC) is a national nonprofit organization whose goal is to improve the lives of children and their families by expanding the supply of quality, affordable child care. Founded in 1983 and assisted by a panel of advisers in every state, CCAC uses its information resources and strategic skills to engage parents, policymakers, business leaders, and child care providers in improving child care and early education. Through its national conferences, business round tables, and state forums, CCAC works to define child care as an economic issue and as a fundamental component of education reform. Publications include a bimonthly newsletter, *Child Care ActioNews*. Some materials are available in Spanish.

### **Child Health Foundation**

10630 Little Patuxent Parkway, Suite 126  
Columbia, MD 21044  
Tel: (301) 596-4514  
Web site: <http://www.childhealthfoundation.org>

The Child Health Foundation (CHF), formerly the International Child Health Foundation, is engaged in national and international efforts to improve the health of families through child health research, training, and emergency services, with an emphasis on nutrition and oral rehydration therapy, breastfeeding, and other low-cost interventions. Services to consumers include referrals and publications (a newsletter), and materials are provided in Spanish. The organization sponsors conferences and training seminars.

### **Child Welfare League of America**

440 First Street, N.W., Suite 310  
Washington, DC 20001-2085  
Tel: (202) 638-2952  
Web site: <http://www.cwla.org>

The Child Welfare League of America (CWLA) brings together more than 900 public and private nonprofit voluntary child welfare agencies. The league provides reference information and refer-

als to consumers, sets internationally recognized standards for child welfare practice, proposes public policy initiatives, and provides consultation, training, and technical assistance for its member agencies. Publications include a catalog, a newsletter, and a journal. The CWLA sponsors training seminars and conferences.

### **Children's Defense Fund**

25 E Street, N.W.  
Washington, DC 20001  
Tel: (202) 628-8787  
Web site: <http://www.childrensdefense.org>

The Children's Defense Fund (CDF) is an advocacy group for children and youth. It gathers data and disseminates information on key issues affecting children and adolescents, including the development and implementation of federal and state policies. CDF provides information, technical assistance, and support to a network of state and local child advocates, service providers, and public- and private-sector officials and leaders. Publications include a monthly newsletter, *CDF Reports*. A publications list is available. CDF also coordinates the Black Community Crusade for Children, an effort to strengthen black community support for children, and publishes a newsletter of Crusade activities, *Necessary*.

### **Children's Foundation**

725 15th Street, N.W., Suite 505  
Washington, DC 20005-2109  
Tel: (202) 347-3300

The Children's Foundation (CF) promotes quality, affordable child care and other ways to improve the lives of children and the people who care for them. The foundation sponsors the National Child Care Project, which provides resource development for children and parents as well as specialized training for caregivers and parents. Publications include a newsletter and catalog. The foundation publishes the *National Directory of Family Child Care Associations, Support Groups, and Support Agencies*. Some materials are available in Spanish.

### **Council for Early Childhood Professional Recognition**

2460 16th Street, N.W.  
Washington, DC 20009-3575  
Tel: (202) 265-9090  
Web site: <http://www.cdacouncil.org>

The Council for Early Childhood Professional Recognition works to improve the status of early childhood educators nationwide. The council oversees the Child Development Associate (CDA) National Credentialing Program, a collaborative effort between the early childhood profession and the Administration on Children and Families. The program promotes a variety of training experiences for early childhood staff and establishes national standards for the evaluation and credentialing of child care staff. The council's CDA Professional Preparation Program, a nationwide network of 1-year training courses, provides uniform and accessible training for people interested in becoming CDAs.

### **Food Research and Action Center**

1875 Connecticut Avenue, N.W., Suite 540  
Washington, DC 20009  
Tel: (202) 986-2200  
Web site: <http://www.frac.org>

Founded in 1970, the Food Research and Action Center (FRAC) seeks lasting solutions to hunger and poverty in America. A nonprofit, nonpartisan organization, the center works to increase access to adequate food for people in need, provide greater opportunity for America's poor, and publicize efforts of local groups concerned about hunger. FRAC develops grassroots networks, conducts litigation, performs research, provides information, and works on public policy. Publications include a newsletter, and the organization sponsors conferences and training seminars.

### **International Food Information Council**

1100 Connecticut Avenue, N.W., Suite 430  
Washington, DC 20036  
Tel: (202) 296-6540  
Web site: <http://www.ificinfo.health.org>

The International Food Information Council (IFIC) is a nonprofit organization that serves as an informational and educational resource on nutrition and food safety. IFIC provides science-based information to journalists, health professionals,

government officials, and other opinion leaders who communicate with the public. Wherever possible, IFIC works in partnership with leading nutrition organizations. IFIC programs receive support from a broad base of food, beverage, and agricultural companies. IFIC offers publications for consumers, some available in Spanish, and publishes a newsletter.

### **National Association for Family Child Care**

206 Sixth Avenue, Suite 900  
Des Moines, IA 50309  
Tel: (515) 282-8192; (800) 359-3817  
Web site: <http://www.nafec.org>

The National Association for Family Child Care (NAFCC), formerly the National Association for Family Day Care, is an organization of family and group child care providers and advocates. The association began as a project of the Children's Foundation. Publications include a bimonthly newsletter, *The National Perspective*, and a pamphlet, *How to Start a Family Day Care Business*. A publications list is available.

### **National Association for Sick Child Daycare**

10960A Three Chopt Road  
Richmond, VA 23233  
Tel: (804) 747-5900

The National Association for Sick Child Daycare (NASCD) is a nonprofit educational organization that works to establish quality sick child care programs nationwide. It substantiates and quantifies the need for new sick child care programs and assists in community planning for child care needs. The association gives referrals and researches issues, disseminating information through a quarterly newsletter, a clearinghouse, and educational events, including conferences.

### **National Association of Child Care Resource and Referral Agencies**

1319 F Street, N.W., Suite 810  
Washington, DC 20004  
Tel: (202) 393-5501  
Web site: <http://www.childcarerr.org>

The National Association of Child Care Resource and Referral Agencies (NACCRRRA) promotes the development, maintenance, and expansion of quality child care resource and referral services. The association offers parents detailed informa-

tion about local child care and early education programs and providers, current openings, and sources of financial aid. It also sponsors regional and national conferences, provides technical assistance, maintains a clearinghouse for child care information, and publishes the quarterly newsletter *CCR&R Issues*.

### **National Black Child Development Institute**

1023 15th Street, N.W., Suite 600  
Washington, DC 20005  
Tel: (202) 387-1281  
Web site: <http://www.nbcdi.org>

The National Black Child Development Institute (NBCDI) works to improve the quality of life for African-American children and their families through direct services, public education, leadership training, and research. NBCDI focuses primarily on issues and services that fall within four areas: health, child welfare, education, and child care/early childhood education. The organization monitors public policy issues that affect African-American children and educates the public through regular publications, an annual conference, and other public education forums. NBCDI is supported by a nationwide network of affiliate chapters.

### **National Center for Children in Poverty**

154 Haven Avenue, Third Floor  
New York, NY 10032  
Tel: (212) 304-7100  
Web site: <http://www.cpmcnet.columbia.edu/dept/nccp>

The National Center for Children in Poverty (NCCP) develops and strengthens programs and policies to help children under age 6 who live in poverty; it also works to heighten awareness of the need and opportunity for early intervention in the areas of maternal and child health, early childhood education, and integrated services for low-income families. The center maintains a resource library and information service, administers a fellowship program to increase minority leadership in early childhood programs, and conducts national and regional meetings for policymakers, program administrators, and researchers. It also sponsors the Family Day Care Initiative to broaden state efforts to build effective child care systems for low-income families. Publications include a newsletter.

### **National Center for Nutrition and Dietetics**

American Dietetic Association  
216 West Jackson Boulevard  
Chicago, IL 60606-6995  
Tel: (312) 899-0040, ext. 4653; (800) 366-1655  
(Consumer Nutrition Hotline)  
Web site: <http://www.eatright.org>

As the American Dietetic Association's public education center, the National Center for Nutrition and Dietetics (NCND) was established in 1990 to provide objective food and nutrition information to the public. The center has an extensive library and offers access to a variety of electronic databases. NCND provides consumers with direct access to reliable food and nutrition information. Callers to (800) 366-1655 may listen to food and nutrition messages in English or Spanish or receive a referral to a registered dietitian in their area. For customized answers to nutrition questions, consumers can call (900) CALL-AN-RD or (900) 225-5267. Publications include a catalog and journal. Materials are available in Spanish and French.

### **National Coalition for Campus Child Care**

122 South Michigan Avenue, Suite 1100  
Chicago, IL 60603  
Tel: (312) 431-0013; (800) 813-8207  
Web site: <http://www.ericps.ed.uiuc.edu/n4c/n4chome.html>

The National Coalition for Campus Child Care (NCCCC) promotes quality campus child care programs and advocates for the needs of children and families in education and public policy. Services to consumers include publications and reference information. NCCCC also sponsors conferences and publishes a newsletter.

### **National Dairy Council**

O'Hare International Center  
10255 West Higgins Road, Suite 900  
Rosemont, IL 60018  
Tel: (800) 426-8271  
Web site: <http://www.dairyinfo.com>

The National Dairy Council (NDC) is a nonprofit educational and scientific organization devoted to nutrition education. It works to encourage food selection patterns that include dairy foods and other major food categories, in accordance with scientific recommendations. Services include nutrition education workshops and seminars

(conducted by local dairy council units) and educational materials. The council publishes a variety of print and audiovisual materials. A free catalog is available upon request. Some publications are available in Spanish.

### **National Early Childhood Network of Regional Educational Laboratories**

c/o WESTED  
180 Harbor Drive, Suite 112  
Sausalito, CA 94965  
Tel: (415) 331-5277  
Web site: <http://www.ehsnrc.org>

The National Early Childhood Network of Regional Educational Laboratories works with educators and policymakers to identify, develop, and disseminate information based on research and development. The network is focused on strengthening linkages between programs that serve young children in child care/education settings (newborn to 5) and early elementary school through research, development, and technical assistance related to continuity in early childhood.

### **National Head Start Association**

1651 Prince Street  
Alexandria, VA 22314  
Tel: (703) 739-0875  
Web site: <http://www.nhsa.org>

The National Head Start Association (NHSA) is a private, nonprofit membership organization of parents, staff members, directors, and representatives from each of the 12 federal regions. The association represents 750,000 children, 139,000 staff members, and more than 2,051 Head Start programs. Services to consumers include referrals, publications, and reference information. NHSA publishes a catalog, newsletter, and journal and sponsors conferences and training seminars. Some materials are available in Spanish.

### **Public Voice for Food and Health Policy**

1012 14th Street, N.W., Suite 800  
Washington, DC 20005  
Tel: (202) 347-6200  
Web site: <http://www.publicvoice.org/pvoice.html>

Public Voice for Food and Health Policy is a national research, education, and advocacy organization that promotes a safe, healthful, and

affordable food supply. Public Voice advances the interests of consumers by fostering food and agriculture policies and practices that enhance public health and protect the environment. The organization provides publications, reference information, a newsletter, and conferences.

### **Save the Children Federation**

1620 Eye Street, N.W., Suite 202  
Washington, DC 20006  
Tel: (202) 293-4170; (203) 221-4000 (International base)  
Web site: <http://www.savethechildren.org>

Save the Children Federation (SCF) is a nonprofit, nonsectarian organization with a mission to make lasting positive differences in the lives of disadvantaged children both in the United States and abroad. The federation's core development philosophy stresses the importance of engaging community members in problem analysis, action planning, and concerted community and family efforts to address the variety of obstacles to the successful development of children and society. It works in four key sectors: health/population/nutrition, education, economic opportunities, and community-assisted development/emergency response.

### **United States Association for Child Care**

Associated Daycare Services  
95 Berkley Street  
Boston, MA 02116  
Tel: (617) 695-0700  
Web site: <http://www.usachildcare.org>

The United States Association for Child Care (USA Child Care) is a national membership association of child care and early education providers who deliver services directly to children and families. The association is committed to ensuring that child care is provided to families who cannot afford the full cost of care; that child care professionals have compensation, benefits, and working conditions commensurate with their skills, qualifications, and responsibilities and have opportunities for professional development; that services are sensitive to and respect the diversity of families and communities; and that child care providers strive to achieve and maintain standards set forth by the National Academy of Early Childhood Programs. Publications include a newsletter.

**Zero to Three: National Center for Infants,  
Toddlers, and Families**

734 15th Street, N.W., Suite 1000

Washington, DC 20005-1013

Tel: (202) 638-1144; (202) 638-0840 publications;  
(800) 899-4301 toll-free publications

Web site: <http://www.zerotothree.org>

Zero to Three (formerly the National Center for Clinical Infant Programs) is a nonprofit organization that works to improve the chances for healthy physical, cognitive, and social development of infants, toddlers, and their families and to

create a context for improved understanding of early intervention and prevention programs. The organization offers training programs and materials; produces publications; provides technical assistance to administrators at state, community, and program levels; and sponsors seminars and conferences. Other activities include research facilitation to advance knowledge concerning infants and toddlers, communication to foster awareness of the importance of the first 3 years of life, and leadership development programs. Publications include a catalog and a journal.



**MCHB**

Maternal and Child Health Bureau

**NCE**  
**MCH**

National Center for Education  
in Maternal and Child Health

