



New York State Department of Health



Staff Curriculum



Acknowledgements

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Dear Educator:

Thank you for your interest in *Eat Well Play Hard in Child Care Settings – Staff Curriculum*. New York Child and Adult Care Food Program received a Team Nutrition Training Grant from the USDA to develop this ten-module curriculum.

The curriculum is intended for use by individuals with a background in nutrition education and knowledge of the Child and Adult Care Food Program regulations. Those without a nutrition background or knowledge of CACFP regulations are encouraged to carefully review the references and work closely with a CACFP state agency nutritionist in implementing the curriculum.

The curriculum was designed for preschool teachers, food service staff and administrative staff working in child care centers. Each module has a lesson plan and related activities, including handouts, references and additional resources. The overall goal of the curriculum is to improve the nutrition and physical activity practices at child care centers, therefore, information on the current practices at the center and a review of the current menu are necessary components of the training.

We welcome your comments on the *Eat Well Play Hard in Child Care Settings – Staff Curriculum* and would enjoy learning about the results of your teaching endeavors. Please contact us at cacfp@health.state.ny.us.

Sincerely,

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