CACFP Child Care Participants:

Click on any of the links below for free nutrition education materials for school aged children.

Discover MyPlate: Nutrition Education for Kindergarten
(order free print copies)

Curriculum Nutrition Education for Teachers (Teacher's Guide): Lesson 5: Starting Our Day With MyPlate

Look and Cook Recipe Cards - Nutrition Education for Kindergarten (English one side, Spanish reverse): Fruit-a-licious Breakfast Cup

Parent Take Home Newsletter: Be Your Best With Breakfast

SPANISH - Parent Take Home Newsletter: Desayuna y da lo mejor de ti

Lesson 5, Activity 1: What a Day!

Student Workbook:

Lesson 5, Activity 2: Where Is the Fruit?

Lesson 5, Activity 3: Breakfast Time!
Posters and Other Materials
(order free print copies)

Team Nutrition Elementary School Posters (includes Launch Your Day with Breakfast poster)
Launch Your Day with Breakfast - Yellow Sticker

Team Nutrition Middle School Posters (includes You Control You Breakfast poster)
Team Nutrition Popular Events Idea Booklet
(order free print copies)
Launch Your Day With Breakfast: Fuel Up To Help Your Day Take Off

Start Your Day on the Right Foot: Walk to Breakfast

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You are currently subscribed to "CNP Child Care" cnp_childcare@lists.ed.iowa.gov as: Robin.Holz@iowa.gov. Please contact Robin Holz at robin.holz@iowa.gov with any questions