



EAT WELL PLAY HARD IN CHILD CARE SETTINGS (EWPH)

PARENTS, CAREGIVERS OR TEACHERS OF YOUNG CHILDREN

Description: Eat Well Play Hard in Child Care Settings – Parents (EWPH) is a series of four lessons designed to teach parents and caregivers of young children about healthy eating and the importance of regular physical activity.

Goal: To increase the number of fruits and vegetables young children eat, encourage intake of low-fat or fat-free dairy options, and increase the time they spend being physically active.

Benefits:

- The nutrition lessons are taught by a trained nutrition professional.
- Lessons include nutrition activities and food samples and recipes for use at home.
- Nutrition lesson plans are interactive and will provide information in a fun and engaging manner.
- This program provides a venue for parents to talk with other parents about ways to feed their children healthy foods on a limited budget.

Topics:

- Meal-time behaviors
- Varying fruit & vegetable intake
- Cooking with children
- Growing fruits and vegetables
- Physical activity

**For more information, contact your local Healthy Maine Partnership,
visit: www.maine.gov/snaped OR call 221-4560.**