LUNCH AT THE LIBRARY: Linking Early Learning and Nutrition for Young Children
Introduction

Proper nutrition and regular physical activity are crucial to children’s health, emotional and social development, academic success and future prosperity. Healthy habits start early but for many families living in poverty, a wide range of barriers may impede their ability to start those healthy habits among their young children. Common barriers for parents include: lack of easy access to grocery stores that offer affordable fresh options, living in a neighborhood where it is unsafe to play outside, or having limited time to cook due to managing more than one job. As libraries stand at the forefront of innovation in supporting the development of children ages 0-5, they are well poised to ensure these crucial years are ones that keep growing bodies nourished and jumpstart the healthy habits that will last a lifetime.

Nutrition Status of California’s Children

Both obesity and food insecurity disproportionately impact California’s low-income communities and paradoxically often co-exist in those communities. Lack of regular access to healthy food coupled with the abundance of low nutrient, calorie-dense foods in low-income neighborhoods can make it challenging for caregivers to provide healthy food at home. In the 2014-2015 school year, nearly 21% of California’s fifth graders were considered obese, with rates higher among low-income students.1

In addition, nearly 12% of California households experienced food insecurity between 2014-2016.2 U.S. Department of Agriculture (USDA) child nutrition programs provide a crucial safety net for California’s economically disadvantaged children and youth by ensuring consistent access to nutritious, balanced meals and lessening the financial burden on their families. During the school year, school meal programs nourish approximately 2 million of the state’s 3.5 million low-income students.

When school lets out for the summer break, many of these students lose access to healthy food. And for those families that have both school-aged and younger children, the summer break can force limited financial resources to be stretched further and compromise food choices or result in inadequate food supply for the summer months. The summer break may also come with limited childcare options, or in some communities, a temporary closure of Head Start programs. USDA summer meal programs (Summer Food Service Program / Seamless Summer Food Option) provide an opportunity for schools, local government and nonprofit agencies to ensure continued access to healthy food during break periods of at least 15 consecutive school days by providing free meals to children and youth ages 18 and under.

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Lunch at the Library

Lunch at the Library is an initiative developed by the California Summer Meal Coalition and California Library Association to promote the health and learning needs of children in low-income communities by helping establish public libraries as USDA summer meal sites. Since its inception in 2013, the number of library meal sites has grown exponentially, from 17 sites to more than 225 sites in 2019. In 2018, libraries served nearly 245,000 meals. Free summer meals alongside library summer programs have drawn new families to the library, enhanced support for existing patrons and created new opportunities for collaboration. Lunch at the Library and the resulting partnerships have elevated libraries’ role as a vital partner in supporting the health and wellbeing of families in their communities.

Expanding Lunch at the Library to Support Families with Young Children

For some libraries operating Lunch at the Library programs, toddlers and preschool-aged children have been both regular lunchtime participants and participants in library programs for young children. More often the case, however, is that families attending the morning early learning program do not participate in the lunch service. Conversely, new families drawn to the library because of the lunch program often do not know about the library’s rich early childhood offerings.

The lunch service provides a venue to expose children to new foods—foods that they may not be exposed to at home—and a nutritionally balanced meal. In addition to promoting healthy eating, Lunch at the Library offers an opportunity to connect the experience of food with a rich learning experience. Intentional activities and programming connected to healthy food can promote children’s early math and science learning and crucial 21st century skills in critical thinking, literacy, collaboration, communication, creativity and social emotional development.
Building Healthy Habits through Library Programs

Library early childhood programs—whether it is family storytime or preschool prep—provide opportunities to help children and their families learn about healthy eating and active living. Libraries can develop partnerships with their local health departments, healthcare practitioners, or community-based organizations to offer engaging and educational complementary programming. Library early childhood programs are rich with opportunities for play to nurture healthy brain development and facilitate young children’s social, emotional, cognitive, and physical growth. These play opportunities also enhance nurturing relationships with caregivers and offer a protective role against toxic stress. The integration of nutrition education and physical activity, especially while increasing access to healthy food through Lunch at the Library, can boost the effectiveness of those efforts.

Food and physical activity-themed activities offer a wealth of possibilities to promote early literacy and school readiness skills. For example, an “Eat the Rainbow” activity to engage children in identifying and tasting a fruit or vegetable in every color of the rainbow can help young children practice identifying colors, shapes, and sounding out letters and words while increasing their exposure to healthy foods. These opportunities can also use play-based activities related to food and nutrition to promote STEM concepts. Libraries with access to outdoor spaces can offer physical activity opportunities to develop cooperation, build motor skills, or engage in messy sensory play.

A food-focused story that highlights the importance of healthy eating can help transition from storytime to the lunch service. A story and taste test of a particular vegetable or fruit that will be featured in the lunch menu that day can encourage young children to try new foods. Activities focused on exploring taste and texture of different foods can help satisfy young children’s sensory needs while exposing them to new foods. Local health department SNAP-Ed leaders have access to a wealth of evidence-based educational materials, cookbooks and activities to help limited-income families maintain a healthy, active lifestyle.

Along with partnering with your local SNAP-Ed agency, consider partnering with a local dentist or clinic who can provide educational activities about limiting sugary drinks, drinking more water, and proper teeth brushing. These influential messages can help children develop self-care skills, learn the steps of a routine, and foster independence.

Opportunities for Building Skills:

- Creative play
- Math and science
- Language
- Gross and fine motor skills
- Self help
- Critical thinking and problem solving
- Communication
- Cooperative play
- Physical play
Early Nutrition + Learning Pilot Overview

The Early Nutrition + Learning pilot explored ways to maximize the availability of summer meals at libraries to increase access to healthy food for young children, while strengthening the connection to early learning.

Within each jurisdiction, potential partnerships and resources were identified to support the project, beginning with identification of local health department resources. In California, many local health departments receive funding from USDA’s Supplemental Nutrition Assistance Program Education (SNAP-Ed) to support healthy eating, physical activity, and food security where health disparities are greatest. Administered by California Department of Social Services in part through the California Department of Public Health’s Nutrition Education and Obesity Prevention Branch (NEOP), funds help local health departments identify potential opportunities and partnerships to improve the health of the most vulnerable populations in their communities. In addition to having access to a wide range of nutrition promotion materials, many health departments provide nutrition education in community settings and lead County Nutrition Action Partnership (CNAP) collaboratives to bring together SNAP-Ed-funded agencies and other community partners to advance health goals in the county.

The project focused on the following goals:

- Increase access to healthy food for young children by increasing their participation in Lunch at the Library programs;
- Create opportunities around library early childhood programs to promote nutrition and physical activity;
- Leverage the lunch service to support young children’s development through passive or active learning opportunities; and
- Gather feedback from parents/caregivers to better understand family eating habits, and challenges and opportunities for libraries to support their efforts to manage a healthy family lifestyle.

Putting it Into Practice

Across California, libraries are forging connections between early childhood programs, food access and supporting families in leading a healthy, active lifestyle. Some examples include:

Contra Costa County Library

Contra Costa County Library developed an early learning and nutrition-focused “Program in a Box” that could be rotated on a bi-weekly basis through its nine branches serving summer meals. With input from Contra Costa Health Services NEOP staff, library staff created programs that incorporated nutrition and physical activity themes, math and science, creative play and opportunities to build kindergarten readiness skills. Kits utilized theme-relevant activities and pre-existing SNAP-Ed materials for children and caregivers as appropriate. Each ready-to-go kit was designed so that it would not be staff labor-intensive and could also provide self-directed creative play opportunities for children. Kits included discussion prompts for caregivers to facilitate caregiver-child engagement. Themes included:

Garden & Farm: Let’s Talk about Where Our Food Comes From!

This program provided farm and gardening-related activities, puppets and an egg shape sorter, providing opportunities for children to develop motor, language, and math skills while learning where food comes from.

Going to the Grocery Store: Let’s Choose Healthy Foods

Let’s Go Shopping Fruit and Vegetable Baskets, Potter the Otter Farmers Market Bingo and USDA My Plate Placemats and materials helped children learn the components of a healthy meal while developing early literacy skills by making a grocery list, talking about food choices and integrating imaginative play.
Teddy Bear & Potter the Otter Picnic
This program added Potter the Otter activities emphasizing healthy food choices to the traditional Teddy Bear Picnic theme, enabling children to practice self-help skills by setting the table and cutting play food.

Measuring Sugar
This program utilized Potter the Otter materials to help children and caregivers understand the sugar content in commonly consumed beverages using kinetic sensory sand, providing children with opportunities to develop math and science skills including measurement, observation, charting their results, and talking about their findings.

Let’s Get Active!
A parachute, jump ropes, music and Potter & Friends Yoga promoted physical activity while supporting kindergarten readiness through singing, play and using gross motor skills.

Imperial County Free Library
Imperial County is also home to a significant portion of the state’s agricultural economy. The Imperial County Free Library’s Heber Branch operates a summer lunch program for only a few weeks, due to provider constraints. Despite the limited time operation, this Family Place-designated library created a rich experience for families with young children. The library hosted a farm-to-table themed program for children under five, where children “collected” plastic eggs from nests and planted vegetables in biodegradable pots. Library staff also set up a play kitchen and grocery corner to provide dramatic play opportunities and help children learn how to shop or cook with healthy foods. In addition to the nutrition-focused opportunities at the lunch service, the library made changes to the snacks offered to children and caregivers at its early childhood programs, switching to healthier options and providing fruit-infused water.
Fresno County Public Library

Fresno County Public Library focused on strengthening the connection between farm-to-fork in its efforts in the state’s agricultural capital. Program staff at its Central branch added daily activities to its summer program calendar that would attract more young children to the summer meal service. Let’s Go Shopping Fruit and Vegetable Baskets and My Plate materials supported a play farmers market and nurtured children’s ability to plan a healthy plate and refine their motor skills cutting play vegetables. Health and Nutrition Bingo was the most popular of the library’s activities, providing opportunities for children to identify fruits and vegetables, along with their respective colors and letters. The activity also resulted in the unplanned benefit of also helping non-English speaking caregivers learn vocabulary. The library used a farm-themed puppet theater to provide dramatic play opportunities and educate children about the connection to how food is grown in the Central Valley. Library staff also led container gardening activities with the children to provide the magical experience of growing their own herbs. To create a vibrant environment, a class of second grade volunteers from a local elementary school made My Plate and nutrition-related posters to decorate the lunchroom at the library.
Oceanside Public Library

Oceanside Public Library focused on helping young children learn how to shop for and make a healthy meal, using a Fresh Market Grocery Store—complete with a realistic conveyer belt with sounds to provide a “real-life” experience of grocery shopping. A white board was adapted to include magnetic food to enable young library patrons to create a healthy My Plate meal. A space-saving, all-in-one store and kitchen was used in one of Oceanside’s space-limited branches and brought to a central spot in the children’s area to ensure its utilization. The conclusion of toddler and preschool story time aligned perfectly with the start of the school district-managed summer meal service, creating a natural bridge to extend family visits through the lunchtime. Library staff added activities specifically geared towards young children to help draw more of those families to the lunch service. To strengthen the connection between Lunch at the Library and the library’s summer reading program, library staff included “Try a new fruit or vegetable” as a task to complete on the summer reading form. Parents appreciated having a significant block of time to spend at the library engaged in free activities (that would then lead to naptime) as well as the opportunities to interact with their child and other parents. A regular schedule of lunch service activities included sensory activities, arts and crafts, outdoor chalk, and physical activity (e.g., jump ropes and hula hoops) helped increase participation among young children while helping them build fine and gross motor skills, language and literacy skills. Library staff also promoted the lunch program to local daycare providers and preschools, increasing participation in the lunch service and providing fun “field trip” opportunities. As a result of its various efforts, the library saw a 77% increase in lunch program participation.

Ontario City Library

The Ovitt Family Community Library’s Lunch at the Library program serves such a high volume of children in its community room that lunchtime activities are not possible. Library staff instead focused on promoting nutrition and its summer meal program at the early childhood programs preceding the lunch service. In collaboration with the San Bernardino County Department of Public Health, the library elected to add nutrition-related activities, story times and book displays. Health department staff led Potter the Otter-themed story times for young children at the Ontario Library and other libraries in the county and created stations with activities such as: taste-testing and providing feedback on “spa” water (i.e., fruit-infused water), spinning the wheel of nutrition and learning about sugar-sweetened beverages, and a “Make My Plate” station. Participation in each station earned a stamp in each child’s Potter Passport and following participation in each station, each child received a free Potter the Otter book. Programs for young children concluded immediately before the start of the lunch program, providing a convenient transition into the lunch program. In addition, health department and library staff curated book displays filled with books to support healthy nutrition, water consumption and physical activity, making it easy for caregivers to find resources to support healthy living at home.
Monterey County Free Libraries

Despite being California’s third largest agricultural producer, food insecurity in Monterey County reached a staggering 34% in 2017. Monterey County Free Libraries (MCFL) branches saw the need among their communities and pursued summer meal programs at all eligible branches to ensure equitable food access for all of its community members. The Greenfield branch led the early nutrition + learning pilot efforts, implementing a wide range of partnerships and activities. Its efforts started with the Greenfield Library’s first community garden. Children painted pots, and planted spinach, berries, artichokes and beans. They learned about caring for a garden and took ownership of making sure the plants were cared for. At the end of the summer, children enjoyed the fruits of their labor with a homemade spinach salad with home grown berries and green beans. During the summer, local farms and grocery stores donated salad bowls for caregivers. The Food Bank of Monterey provided fresh produce for families to take home. Greenfield’s co-location at a park provided ample opportunity for parachute play time, “bowling for books,” and “Dashketball” with Dot and Dash robots. The health department and WIC visited the library to provide education and resources for families with young children. Children had the opportunity to work creatively and learn about different fruits and vegetables while exploring taste and texture through MCFL’s “Play With Your Food” activity. Children created Strawberry Mice, Cucumber Cars, and other exciting creations that made trying new foods fun. The activities also provided an opportunity for pre-K children to practice motor skills, sorting colors, and counting.

A “Success Starts Early” event concluded Greenfield’s summer lunch program in an effort to help young children start school healthy and ready to learn. In addition to summer meals, children were able to pick up school supplies, books donated by First 5 of Monterey County, and participate in nutrition education, early STEM activities, and crafts. Children were able to start their own container gardens and take home seed packets of cilantro, carrots, beans, cucumbers, and other seasonal crops. Families were able to take home fresh donated produce along with recipes for the items that they might not be accustomed to eating at home. The Greenfield Fire Department was a popular guest, providing fire safety education and a chance for children and their families to check out firefighting equipment. The event doubled participation in the library’s summer meal program, attracting nearly 350 children and families. In addition, it enabled library staff to share with community members the many programs that they offer during the school year. Parents indicated that the event helped their young children feel less nervous about starting school because the activities helped them build confidence and the event provided a chance to socialize and have fun with other children.

Porterville Library

Located in eastern Tulare County, Porterville Library is a busy summertime hub for families seeking fun activities and a cool environment. Library staff made sure to promote the lunch program at all of its early childhood and family programs to ensure families with young children knew about it. Staff brought in community partners like the local Master Gardeners group to show children how to plant seeds and grow their own food, including how to care for a garden. They also worked with children to create their own “seed bombs.” Staff stepped up efforts to encourage children to be active, promoting physical activity at home and opportunities at the park adjacent to the library. Community partners hosted fitness workshops and Zumba classes. The library developed a physical equipment library, where children could check out a range of sports equipment. Children could check out a basketball or a Frisbee for the park and items like lawn darts or badminton for home. The library also hosted a jump rope lab, creating personalized jump ropes that were customized to the age and size of each child and followed by jump rope contests.
Supporting Healthy Habits at Home

We sought to gain an understanding of what caregivers need in their efforts to start—and sustain—healthy habits for their young children. Library and/or health department staff surveyed 179 caregivers of children 6 and under at six Lunch at the Library sites to learn more about eating behaviors, challenges and opportunities. The majority of respondents had multiple children whose ages spanned from 0-18. This point is important in demonstrating how summer—and the absence of school year meal programs—can add to the financial burden of low-income families to provide healthy food, reinforcing the need for USDA summer meal programs and complementary supportive resources. Understanding the barriers (or opportunities) can help libraries more effectively provide the relevant support either through their local health department or other agency partners. The most significant conclusion from the caregiver survey was parents’ desire for new recipes, information on how to prepare recipes that are quick, easy and on a limited budget. While most parents reported that their families ate meals together five or more days a week—an indicator that influences children’s eating habits—many experienced difficulties in serving meals that the entire family liked and perceived that as a challenge to serving healthy food at home. The majority of caregiver respondents also indicated that lunch at their library helped their child consume more fruits and vegetables, further reinforcing the value of library meal programs.

Emerging Themes from Caregiver Survey

How often are families eating together?

Families are eating meals together 5+ days a week. Eating family meals together encourages the development of healthy eating habits among children.

What challenges do parents face in offering healthy food at home?

- Fresh fruits and vegetables are expensive and don’t last long
- Difficult to get whole family to like the same things

What would be helpful to parents?

- Tips to get kids to try new foods
- Ideas for healthy meals/snacks that are quick and easy
- New recipes
- More affordable healthy food options
- Recipes for healthy meals/snacks on a limited budget
- Easier access to fresh fruits and vegetables

77% of parents said that Lunch at the Library increased their young child’s consumption of fruits and vegetables.
From Pilot to Practice: Opportunities and Lessons Learned

The pilot project has provided an energetic start to unlocking the potential for public libraries to enhance their early childhood programs while helping families access healthy food and develop healthy, active lifestyles. Libraries can consider the following ways to extend the value of their Lunch at the Library program or better coordinate with other library programs.

1. **Contact your Health Department**
   
   As a starting point, contact your local health department’s NEOP lead to determine opportunities for partnership. Collaboration can span a wide range of options including health department staff-led story time or nutrition education activities to distribution of free USDA or state-developed materials for children and caregivers (e.g., Potter the Otter coloring pages, cookbooks, or nutrition stencils for loan). Health departments also have access to a wide range of multilingual, culturally relevant materials. Consider having health department staff present at a library staff meeting so that branch/children’s library staff know the resources available to them. Many communities have Champion Providers, healthcare providers working towards obesity prevention in the community and clinic setting in partnership with UC San Francisco and the California Department of Public Health. Your local health department liaison can help determine if there is a Champion Provider in your area to support your efforts. Other agencies such as First 5 or UC Cooperative Extension may also be able to offer complementary support or resources. WIC is also a vital resource for families with young children. Local WIC staff provided education and resources at many of the libraries participating in the pilot.

2. **Assess Library Capacity**

   Staffing and resources are the primary concerns of most libraries. There are ways to create the bridge between library early childhood programs and Lunch at the Library in every scalable possibility, ranging from a nutrition-themed book display to weekly programming or large-scale nutrition events. There are many ways to engage local health-oriented agencies to provide support in areas where library staffing or resources are limited. In most cases, your meal provider can provide support in some capacity because it supports their goals as well. Many libraries have worked with their local school districts to provide taste test activities, nutrition education or incentives. Groups like local Master Gardeners often welcome opportunities to share their passion for gardening with audiences who can appreciate the small miracles of nature.

3. **Start with Promotion**

   At the minimum, seize the opportunity to cross promote your early childhood and Lunch at the Library programs. If your toddler / preschool programs take place in the morning, encourage families to stay for the lunch service. Utilize the lunch program to have teen volunteers pass out information about upcoming activities for young children. Consider reaching out to local daycare providers or preschool programs about your early childhood programs and your lunch program.

4. **Programming Ideas**

   Your local health department can assist with exploring programming and activity options. Be sure to seize the STEM potential in many of the activities too. Some examples include:
   - Potter the Otter activities, story time, resources
   - Program in a Box – gardening, farm-to-table, grocery shopping, Teddy Bear + Potter the Otter Picnic
   - Nutrition-themed story time
   - Oral health-related activities
• STEM exploration: Recipe measurements, grocery shopping math, gardening, composting and worms, healthy soil
• Physical activity at story time and lunch service
• Healthy book displays
• Container gardening, where does your food come from? activities
• Activities at the lunch service to attract young children
• Stations: Spa water, Nutrition education wheel + sugar-sweetened beverages education, Make Your Plate activity
• Engaging teen volunteers as activity leaders
• Healthy recipes translated into multiple languages for parents/caregivers to try at home
• Create conversation prompts for caregivers to talk with their children about food: cultural/family traditions, favorite foods, naming colors of vegetables, etc.

Find Opportunities to Support Caregivers

Each community can differ in what its parents and caregivers need to support a healthy family. An important first step is to identify what those priority needs are among the caregivers participating in your early childhood programs or bringing their children to Lunch at the Library. Co-locating a display of supportive materials for parents such as cookbooks or books about nutrition, child development or health in or near the children’s area of the library can provide easy access for caregivers during their visit. Some agencies may be able to offer bilingual programs or resources on healthy eating. Often, libraries find additional financial resources or food donations to ensure that caregivers have a healthy snack or meal as well, as many caregivers tend to prioritize their child’s wellbeing while their own struggle with hunger remains hidden. Local social service agencies may also be able to help families connect with other food resources such as local food pantries or the USDA Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps and called Cal-Fresh in California). Some agencies can provide cooking classes, cookbooks or other support to address the meal preparation challenges of time- or resource-limited, working parents. Richmond Public Library and Contra Costa County Library partner with the Food Bank of Contra Costa & Solano to provide self-serve free fresh produce for families to bring home.

Join Your City or County’s Early Childhood Initiative

A growing number of cities and counties are setting their sights on early childhood as a priority for intervention and support. Sharing information with local leaders about your library’s joint efforts to support early childhood learning, nutrition and food access can help generate additional collaboration and secure a role for the library in city or county-wide efforts to support the wellbeing of young children in your community. In addition, your school district nutrition director may be able to identify opportunities for the library and its expanded Lunch at the Library/Early Childhood program to play a role in any school district-led early childhood initiatives.
Conclusion

Libraries are at the forefront of innovation in serving the interconnected needs of their communities, particularly among the youngest community members and their families. Libraries participating in this pilot project received overwhelmingly positive feedback from families with young children. The rapid expansion of libraries as summer meal sites continues to validate libraries’ evolving role as crucial access points for families. Building intentional connections between library early learning efforts, food access and healthy food for young children and their caregivers can help communities address families’ practical needs while providing children with a strong foundation for future success. And families are not the only beneficiaries of these efforts. Lunch at the Library has had demonstrated success in attracting new families to the library, increasing participation in summer reading and other programs and deepening the library experience among existing patrons. Expanding these efforts to better connect with library early learning efforts can generate new partnerships, leverage existing resources and lend visibility to the many ways in which libraries are serving the community. Strengthening this connection holds unlimited potential to build a love of learning, promote literacy and health, advance libraries’ innovation in STEM education, stimulate young minds and fulfill public libraries’ mission to nurture a thriving, healthy community.

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Resource Appendix

Early Learning
California State Library Early Learning with Families 2.0 - http://elf2.library.ca.gov

Nutrition Education
Farm to Preschool Harvest of the Month Curriculum
http://www.farmtopreschool.org/documents/Farm2PreschoolYear2.pdf
Smarter Mealtimes Alphabet Fruit and Veggie Posters and Flash Cards
https://www.smarterlunchrooms.org/smarter-mealtimes

Physical Activity Promotion
Early Care and Education Physical Activity Toolkit
(See also Appendix D – PA Resources and Relevant Children’s Books)

Garden Yoga for Kids Printable and Ideas for Use
https://childhood101.com/yoga-for-kids-a-walk-through-the-garden/

School Readiness (with nutrition & physical activity linkages)
http://www.scholastic.com/first5ca/
(see links to Potter the Otter related resources at the bottom left of the page, other “parents, families and teachers” resources from the top to the bottom could be useful as well)

Specific Activities of Interest

Garden / Farming Activities
Potter the Otter - Farmers Market Bingo - https://www.pottertheotter.com/new-page-1
Potter the Otter Puppet - https://www.pottertheotter.com/new-page-1
Garden Curriculum - Grow It, Try It, Like It! https://www.fns.usda.gov/tn/grow-it
Harvest of the Month - http://harvestofthemonth.cdph.ca.gov
Garden/Farmer Curricula and ideas - http://www.farmtopreschool.org/curricula.html

Grocery Store - Nutrition / Cooking
MyPlate Hand-out - https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/myplate_magenta.jpg
Food Cards - https://fns-prod.azureedge.net/sites/default/files/tn/dmp_foodcards.pdf
Recipes and Cookbooks - https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/HealthyEatingCookbookLibrary.aspx
Resource Appendix, continued

Potter the Otter Picnic - Nutrition
Main Website for Resources - http://www.pottertheotter.com/
Potter the Otter Dot to Dot - https://www.pottertheotter.com/new-page-1
Potter the Otter Picnic Coloring Page - https://www.pottertheotter.com/new-page-1

ReThink Your Drink
Rethink Your Drink - https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/RethinkYourDrink.aspx
Resources - https://snapedtoolkit.org/interventions/programs/rethink-your-drink/#Intervention_Materials
Resources - https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/RethinkYourDrink.aspx
Potter the Otter - Word Search - https://www.pottertheotter.com/new-page-1

Active Play
Stencil Project - Stencils may be loaned to community organizations - https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/CDPH%20Document%20Library/STAS_PaintingPlaygroundsGuide.pdf
California Department of Public Health Early Care and Education Physical Activity Toolkit for Preschool Age Children - https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/EarlyCareandEducation-(ECE).aspx