



Yes! I am interested in receiving FREE resources. Please contact me.

Name: _____

Phone: _____ Email: _____

Site or School Name: _____

I am interested in:

- Hosting the 4 parent nutrition workshop series and 2 physical activity workshop series
Nutrition workshops include MyPyramid, healthy alternatives, shopping on a budget, gardening, and food safety. Physical activity workshops include discussion on movement for your family and for your preschooler, as well as exercise tips and resources.
- Having our parents attend the field trips and physical activity clubs for parents
- Attending the preschool educator professional development opportunities
- Checking out teaching resources from the lending library
- Attending a nutrition and physical activity curriculum training for preschool educators
- Receiving Sprouts newsletter for *parents* and Harvest of the Month for *educators*

**For more information, please call 916-556-3344 extension 144
or email mgonsalves@healthedcouncil.org or fax 916-446-0427.**

Funding for the program is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero through five. Additional information about the First 5 Sacramento Commission is online at www.first5sacramento.net or by calling 916-876-5865.

Funding provided by:



HEALTH
EDUCATION
COUNCIL





Healthy food. Healthy life.

Program Components

Teacher Training

HEC in partnership with the University of California Cooperative Extension trains teachers to implement evaluated nutrition and physical activity education curriculum for preschool classrooms.

A preschool teacher lending library provides age-appropriate teaching tools.

Parent and Child Education

A series of nutrition and physical activity workshops and resources teach parents about the benefits of healthy eating and physical activity.

Children and parents attend field trips to physical activity sites like Tot Lots. Parents can also participate in physical activity clubs.

Children and parents attend field trips to nutrition-related sites like store tours and farm stands.

Parent and Teacher Information

Sprouts is a monthly parent newsletter available in Spanish highlighting a different fruit or vegetable each month.

Harvest of the Month Educator newsletter provides monthly information about seasonal fruits and vegetables.

In the Grow Roundtables provide professional development and networking for preschool teachers.

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