



Encourage children and their families to be more active with this collection of printer-friendly resources. Topics include playing with your baby and toddler, building physical skills and finding creative places to play.

### **Active Play Community Kit**

Includes suggestions for community-based activities and programs that can promote active play in children, as well as a discussion guide and sample outreach letter and evaluation form.

### **Active Play Group Education Kit**

This group education lesson plan assists caregivers in identifying and engaging their 2-4 year olds in developmentally appropriate activities. Kit includes step-by-step Lesson Plan, Overhead Transparencies: Set 1, Set 2 and Set 3, Discussion Guide and Participant Goal Card (all available in Spanish).

### **Family Activity Community Kit**

Includes ideas for partnering with community groups to promote activity, as well as a discussion guide and sample outreach letter and evaluation form.

### **Family Activity Group Education Kit**

This group education lesson is intended to promote family fitness. Kit includes step-by-step Lesson Plan, Overhead Transparencies, Discussion Guide, Participant Goal Sheet (also available in Spanish) and Families in Action Parent Newsletter (also available in Spanish).

### **Fit WIC Activities**

This 45-page color notebook for parents and their preschoolers is designed to help foster children's health and development through active physical play. The book is full of ideas for playing actively, building physical skills and finding new places in the community to play.

### **Fit WIC Activity Pyramid**

1-page color handout which includes ideas of age appropriate activities for infants, toddlers and preschoolers, as well as ideas for active family outings. Also available: 1-page handout (black and white) with ideas on how to use the pyramid.

### **Fit WIC Community Assessment Worksheet**

This worksheet can be used to help staff determine the various avenues that are available for outreach in the community and to establish a plan for communicating with community leaders/organizations. A recreation facilities assessment worksheet is also available.

### **Fit WIC Educators Guide**

A resource guide (42-page color) for educators of families with young children provides physical activity lesson plan ideas (WICtivities) for preschoolers and their families to help increase the time young children spend playing actively and decrease the time they spend being sedentary.

### **Fit WIC Families: Activities for Learning about Nutrition and Physical Activity**

This comprehensive resource manual (23-page color) for WIC families is designed to introduce nutrition and new foods to preschool children, help caregivers establish good feeding relationships with their children and provide nutrition and active play activities for the whole family.

### **Fit WIC Fun and Games Pages**

9-page booklet in black and white designed for families with preschool-age children; contains ideas and instructions for playtime activities and includes outdoor activities for each of the 4 seasons.

### **Fit WIC News**

Healthful eating and physical activity focused newsletters (2-page color) help parents and caregivers teach children that healthy foods and family meals are important family times for enjoying good food and sharing time together. Series titles: Kids Know Best/Get Moving/, Make Mealtimes Happy Times/Play Everyday, Let Your Kids Help in the Kitchen/Take Time to Play and Watch Your Child Grow and Glow/Help Your Child Develop a Lifelong Habit of Activity.

**Get Your Child Moving – Activity for Caregivers** The goal of this group discussion session is to brainstorm activities that can be done with children and to identify the benefits of being active. Part of Fit WIC Families: Activities for Learning about Nutrition and Physical Activity.

### **I'm a Fit WIC Kid – Activity for Preschoolers**

The goal of this lesson is to teach children that it is healthy and fun to be active, as well as introduce them to new foods and new ways to prepare foods. Part of Fit WIC Families: Activities for Learning about Nutrition and Physical Activity.

### **Limiting Television Community Kit**

Includes examples of community venues to display posters, ideas for limiting television viewing, discussion guide and sample outreach letter and evaluation form.

### **Limiting Television Group Education Kit**

This group education lesson will help caregivers to limit their child's TV viewing to 1 hour per day. Kit includes: Lesson Plan, Overhead Transparencies, Discussion Guide and Participant Goal Sheet (also available in Spanish).

### **Nutrition and Fitness Tracking Sheet**

This tracking sheet can be used to help staff set personal nutrition and fitness-related goals and to keep track of progress over a one month period.

### **Playing With Your 3 to 5 Year Old**

This color tri-fold brochure includes examples of age appropriate activities, lists of toys and games and explains why active play is important for your 3 to 5 year old. Also available in Spanish.

### **Playing With Your Baby**

This color tri-fold brochure includes examples of activities, lists of toys and games and the reasons why active play is so important for baby's development. Also available in Spanish.

### **Playing With Your Toddler**

This color tri-fold brochure includes examples of age appropriate activities, lists of toys and games and explains why play is important for your toddler. Also available in Spanish.

### **Physical Activity for Children**

Nutrition education curriculum for group or individual sessions of children age 3-5 years and their parents. Includes objectives, background information, pre and post assessment, activities and handouts (Development of Motor Skills, Physical Activity Scoreboard and Fitness Fun Coloring Sheets).

### **Take the Stairs Challenge for Staff**

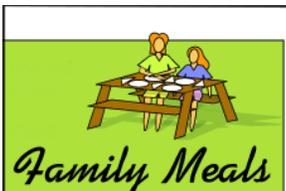
This 8-week challenge promotes increasing physical activity through activities that can be a part of everyday life; includes instructions and tracking sheet.

### **Team WIC Walking Challenge**

This 2-week program encourages staff to keep track of the number of steps they walk during the first week and then to increase the amount by 400 steps per day during the second week; includes instructions and tracking sheet.

### **TV Turn-off Challenge**

This 8-week program encourages staff to decrease the amount of time spent watching television and increasing activity levels. It challenges them to limit television viewing to one hour or less per day and replacing TV time with other activities; includes instructions and tracking sheet, monthly calendar and award certificate.



Gather the family around the table with this collection of printer-friendly resources. Topics include exploring the feeding relationship, tips for successful mealtimes, introducing and preparing new foods and setting limits on unhealthy practices.

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### **Feeding Children with Love: Activity for Caregivers**

The goal of this group discussion session is to present the roles of the caregiver and child in the feeding relationship and to provide tips for successful mealtimes. Part of Fit WIC Families: Activities for Learning about Nutrition and Physical Activity.

### **Feeding Our Children with Love**

This 9-page color handout provides parents and caregivers with examples, tips, and ideas for feeding children healthy meals and snacks and offers suggestions on setting limits on unhealthy practices.

### **Feeding Relationship – Staff Training Kit**

This kit includes PowerPoint presentations on child feeding techniques and issues, working with preschoolers and how to facilitate a discussion group for caregivers, group discussion questions for staff and a pre-test and post-test.

### **Fit WIC Kids Nutrition Questionnaire and Plan**

This 1-page chart insert is designed to help parents and caregivers assess their feeding relationship with their children and establish goals to help improve that relationship. It includes areas for goal setting and follow-up plans.

### **Fit WIC News**

Healthful eating and physical activity focused newsletters (2-page color) help parents and caregivers teach children that healthy foods and family meals are important family times for enjoying good food and sharing time together. Series titles: Kids Know Best/Get Moving/, Make Mealtimes Happy Times/Play Everyday, Let Your Kids Help in the Kitchen/Take Time to Play and Watch Your Child Grow and Glow/Help Your Child Develop a Lifelong Habit of Activity.

### **Healthy Brown Bag Challenge**

This 8-week challenge encourages staff member to plan lunch time meals and improve the nutritional quality of lunches eaten at work; includes instructions and tracking sheet, handout with examples of healthy lunches and sample menu planner.

### **I'm Hungry as a Bear – Activity for Preschoolers**

The goal of this lesson is to help children become aware of when they are hungry or full, as well as introduce them to new foods and new ways to prepare foods. Part of Fit WIC Families: Activities for Learning about Nutrition and Physical Activity.

### **Make Meals Memorable**

Client handout provides tips for happy meals, lists the benefits of eating together as a family and gives examples of what to expect from your toddler and preschooler at mealtimes. This tri-fold color brochure is also available in Spanish.

### **Mealtime Community Kit**

Includes ideas and activity suggestions for disseminating mealtime messages to the community, as well as anticipatory guidance and discussion points; sample outreach letter and evaluation form also available.

### **Mealtime Group Education Kit**

This group education lesson plan assists caregivers in understand the importance of eating together and talking with their children during meals in and encourages them to increase the number of meals that the family eats together. Kit includes step-by-step Lesson Plan, Overhead Transparencies, Discussion Guide, Participant Goal Card (Spanish version) and Mealtime Place Mat.

### **Setting Limits for Children – Activity for Caregivers**

The goal of this group discussion session is to brainstorm areas (related to feeding) where it is important to set limits for children, as well as provide tips as to how to do so successfully.

### **A Special Message for Grandparents**

This 2-page color handout provides tips on how grandparents can support their children in their efforts to feed healthy foods and encourage active play in their grandchildren.

### **What Foods and How Much to Feed Your Family – Activity for Caregivers**

The goal of this group discussion session is to brainstorm foods that are appropriate for children (type of food and amount) and to identify the benefits of choosing healthy foods.



Serve a variety of fruits and vegetables with this collection of printer-friendly resources. Topics include introducing new foods and ways to prepare them, as well as how to have fun with children at the farmers' market.

### **Fruit and Vegetables Community Kit**

Includes suggested activities and ideas for encouraging children in the community to consume 5 servings of fruits and vegetables a day, discussion guide and a sample outreach letter and evaluation form.

### **Fruit and Vegetable Group Education Kit**

This group education lesson plan provides parents and caregivers with strategies for serving children get their 5-A-Day of fruits and vegetables. Kit includes step-by-step Lesson Plan, Overhead Transparencies, Discussion Guide and Participant Goal Sheet (also available in Spanish).

### **Growing Healthy Families Newsletter**

The newsletter focuses on involving the whole family in the farmer's market experience and includes fresh fruit and vegetable recipes, tips for involving children in cooking and preparing foods and how to have fun with your child at the farmers market.

### **I Love Carrots: Activity for Preschoolers**

The goal of this lesson is to help children learn how carrots grow, as well as experience different types of carrots and ways to prepare them. Part of Fit WIC Families: Activities for Learning about Nutrition and Physical Activity.

### **Vegetable Party: Activity for Preschoolers**

The goal of this lesson is to teach children the importance of eating 5 servings of fruits and vegetables a day, as well as introduce them to new vegetables and ways to prepare them. Part of Fit WIC Families: Activities for Learning about Nutrition and Physical Activity.

### **WIC Team Fruit and Vegetable Challenge**

This program challenges WIC staff to consume 5 servings of fruit and vegetables each day for two-weeks; includes instructions and tracking sheet and award certificate.



Promote the importance of drinking water with this collection of printer-friendly resources. Topics include identifying beverages high in sugar, tips for making drinking water fun and encouraging water consumption in various community settings.

### **Water Community Kit**

Includes activities and ideas for promoting water consumption in various community settings, discussion guide and sample evaluation form.

### **Water Group Education Kit**

This group education lesson plan is designed to assist participants in identifying beverages high in sugar and develop strategies for making drinking water fun for their children. Kit includes step-by-step Lesson Plan, Overhead Transparencies, Discussion Guide, Participant Goal Sheet (also available in Spanish) and Parent Brochure (also available in Spanish).

### **WIC Team Water Challenge**

This program challenges WIC staff to drink 8 glasses of water each day for two-weeks; includes instructions and tracking sheet, promotional flyer and award certificate.



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