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SUBJECT: WIC Mailing

TO: Regional, State and Local WIC Offices

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Finding ways to keep kids healthy and active is now easier than ever with the newly-released MyPyramid for Preschoolers Tip Sheets. MyPyramid for Preschoolers is a component of the MyPyramid food guidance system developed by the United States Department of Agriculture's (USDA) Center for Nutrition Policy and Promotion (CNPP). These resources are designed for caregivers of preschool children, 2 to 5 years of age, providing various ways to help young children develop healthy eating and physical activity habits for life. MyPyramid for Preschoolers Tip Sheets provide ways to encourage active play and to cope with picky eaters. These materials were developed as a collaborative effort between CNPP and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

<p>MyPyramid in Action: Healthy Tips for Picky Eaters MyPyramid in Action: Healthy Tips for Active Play</p>	
	<p>These colorful two-page sheets contain the perfect amount of information to share with parents and caregivers during their WIC visit.</p> <p>Order free copies from the Food and Nutrition Service. Access the order form at http://1.usa.gov/WICMyPyramid.</p>

In addition to these materials, this mailing includes a MyPyramid for Preschoolers mini poster and a larger poster. Extra copies can be ordered at: <http://1.usa.gov/WICMyPyramid>. Tips, resources, and a customized food plan for the preschool aged child are also available at www.mypyramid.gov/preschoolers/index.html.

You can find supplemental nutrition education materials on MyPyramid and other related topics on the WIC Works Resource System (WWRs) at wicworks.nal.usda.gov. Please check back often for updates including our new online learning modules, state developed materials, searchable databases, and resource links. Let us know what else we can do to help you help WIC! Contact the WWRs team by phone: 301-504-6047, by fax: 301-504-6409, or by email: wicworks@ars.usda.gov.



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