

Category 3: Health and Nutrition Practices

Resource Links

Meal Planning and Nutrition Resources:

[Child and Adult Care Food Program: Best Practices](#)

[Sample Menus- CACFP](#)

[CACFP Cycle Menus Resources \(Institute of Child Nutrition\)](#)

Professional Development Trainings on Health and Nutrition:

<https://agrillifelearn.tamu.edu/catalog?pagename=Child-Care>

<https://tecpds.org/wp/find-trainings/>

<https://www.houstonfoodbank.org/our-programs/nutrition-education/>

Breastfeeding Help Sources:

<http://www.houstontx.gov/health/WIC/documents/client-help-sources-handout-20180726.pdf>

Farm Fresh Resource:

<https://squaremeals.org/FandNRResources/TexasFarmFresh/GardenBasedLearning.aspx>

Oral Health Resource:

<https://www.healthychildren.org/English/healthy-living/oral-health/Pages/default.aspx>

Child Care Health Consultant (CCHC) Resource:

http://www.texasaeyc.org/UserFiles/Servers/Server_5273627/File/HCCT/CCHC%20Information.pdf