

Healthy Beverages in Child Care Resources



Laws and Regulations

Resource Title	Link	Organization/Agency/Journal
AB 290, Child Care Nutrition Training	http://www.emsa.ca.gov/AB290	California Emergency Medical Services Authority www.emsa.ca.gov
AB 2084, Healthy Beverages in Child Care Act	http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=200920100AB2084	California Legislative Information http://leginfo.legislature.ca.gov/
Child & Adult Care Food Program (CACFP)	http://www.cde.ca.gov/ls/nu/cc/index.asp	California Department of Education www.cde.ca.gov
California Department of Social Services (CDSS) Community Care Licensing Division (CCLD) Title 22, Division 12 Code of Regulations	http://www.cdss.ca.gov/inforesources/Letters-Regulations/Legislation-and-Regulations/Community-Care-Licensing-Regulations	California Department of Social Services (CDSS) http://www.cdss.ca.gov/
<i>Healthy Beverages in Child Care</i> Poster	English: http://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/HealthyBevPoster.pdf Spanish: http://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/HealthyBevPoster_SP.pdf	UCSF California Child Care Health Program (CCHP) http://cchp.ucsf.edu
<i>From Statute To Tap in the Child and Adult Care Food Program</i> Fact Sheet	http://npi.ucanr.edu/files/257710.pdf	Nutrition Policy Institute http://npi.ucanr.edu/ National Drinking Water Alliance www.drinkingwateralliance.org/

<i>New CACFP Regulations Say Offer Water to Children</i>	www.drinkingwateralliance.org/single-post/2017/03/23/New-CACFP-Regs-Say-Offer-Water-to-Children	National Drinking Water Alliance www.drinkingwateralliance.org/
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Research on Sugar Sweetened Beverages and Children’s Health

Resource Title	Link	Organization/Agency/Journal
<i>Added Sugars and Cardiovascular Disease Risk in Children A Scientific Statement from the American Heart Association</i>	http://circ.ahajournals.org/content/early/2016/08/22/CIR.0000000000000439	Circulation http://circ.ahajournals.org/
<i>The association between sugar-sweetened beverages and dental caries among third-grade students in Georgia.</i>	https://www.ncbi.nlm.nih.gov/pubmed/26339945	Pub Med, US National Library of Medicine National Institutes of Health www.nih.gov/
<i>To what extent have sweetened beverages contributed to the obesity epidemic?</i>	www.cambridge.org/core/journals/public-health-nutrition/article/to-what-extent-have-sweetened-beverages-contributed-to-the-obesity-epidemic/591E6F0B7DF9ED6D309239AD661C643D	Public Health Nutrition www.cambridge.org/core/journals/public-health-nutrition

Policies

Resource Title	Link	Organization/Agency/Journal
<i>Child Care Health Policies: Model Policies for Creating a Healthy Nutrition and Physical Activity Environment in Child Care Settings (pages 10-29)</i>	http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/pdf/Model_Policies.pdf	Missouri Department of Health and Senior Services http://health.mo.gov
<i>Eco-Healthy Child Care Making Celebrations Healthier</i>	English:	Children’s Environmental Health Network http://cehn.org

Resource Title	Link	Organization/Agency/Journal
	http://cehn.org/wp-content/uploads/2015/12/Making_Celebrations_Healthy_3_16.pdf Spanish: http://www.cehn.org/wp-content/uploads/2015/12/Making_Celebrations_Healthy_Spanish_7_14.pdf	
Increasing Access to Drinking Water and Other Healthier Beverages in Early Care and Education Settings: <i>Sample letter to parents about healthy beverages</i> (page 41)	www.cdc.gov/obesity/downloads/early-childhood-drinking-water-toolkit-final-508reduced.pdf	Centers for Disease Control and Prevention www.cdc.gov
NAP SACC Child Care Nutrition and Physical Activity Policies	http://www.centertrt.org/content/docs/Intervention_Documents/Intervention_Materials/NAP_SACC/Technical_Assistance_Materials/Sample_Nutrition_and_Physical_Activity_Policy.pdf (page 3)	Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) https://gonapsacc.org/
Staff Health Policies: <i>Recommended Nutrition Standards for Procurement of Foods and Beverages Offered in the Workplace</i>	www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_320781.pdf	American Heart Association www.heart.org
Drinking Water in Child Care Centers & Schools California State Policy Profile	http://www.phaionline.org/wp-content/uploads/2017/12/CAFinal.pdf	Public Health Advocacy Institute http://www.phaionline.org/

Classroom Activities about Healthy Beverages

Resource Title	Link	Organization/Agency/Journal
<i>Drink More Water</i> (Official Music Video) Andy Z – First5 California	www.youtube.com/watch?v=QrWquDo7TzE	Andy Z-YouTube: www.youtube.com/user/AndyInAndyland/featured
<i>Potter the Otter</i>	www.pottertheotter.com/	First 5 Santa Clara County www.first5kids.org/
<i>Water Classroom Activities: Ideas for Your Curriculum</i>	English: http://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Note-Water-Ideas.pdf Spanish: http://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Note-Water-IdeasSP.pdf	UCSF California Childcare Health Program http://cchp.ucsf.edu
Water Infused with Fruit: How to video	https://pediatrics.ucsf.edu/news/fruit-water	UCSF Department of Pediatrics https://pediatrics.ucsf.edu
<i>Grow Healthy Kids: Just Add Water toolkit</i> (tips for parents on page 14)	https://www.cacfp.org/files/8815/0585/5150/Grow_Healthy_Kids_Just_Add_Water_CACFP_Toolkit_.pdf	National CACFP Sponsors Association https://www.cacfp.org/
<i>Drinking Water Challenge</i>	http://www.drinkingwateralliance.org/ecewaterchallenge	National Drinking Water Alliance http://www.drinkingwateralliance.org/

Infant Feeding and Supporting Breastfeeding Families

Resource Title	Link	Organization/Agency/Journal
<i>Feeding Infants: A Guide for Use in the Child Nutrition Programs</i>	http://www.fns.usda.gov/tn/feeding-infants-guide-use-child-nutrition-programs	United States Department of Agriculture (USDA) Food and Nutrition Service www.fns.usda.gov/

Resource Title	Link	Organization/Agency/Journal
Sample Child Care Center Breastfeeding Policy	www.dhs.wisconsin.gov/publications/p0/p00022.pdf (page 12)	Wisconsin Department of Health Services www.dhs.wisconsin.gov
<i>Supporting Breastfeeding Families: A Toolkit for Child Care Providers</i>	English: http://www.publichealth.lacounty.gov/mch/CAH/Breastfeeding_toolkit_May2016_C.PDF Spanish: http://www.publichealth.lacounty.gov/mch/CAH/Breastfeeding_toolkit_May2016_span_B.PDF	Los Angeles County Department of Public Health http://publichealth.lacounty.gov/

Children with Special Needs

Resource Title	Link	Organization/Agency/Journal
<i>Special Health Care Plan, CCHP Form</i>	https://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/SpecialHealthCareForm.pdf	UCSF California Child Care Health Program (CCHP) http://cchp.ucsf.edu
<i>Special Nutrition and Feeding Care Plan, CCHP Form</i>	https://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/FeedingNutrCare.pdf	UCSF California Child Care Health Program (CCHP) http://cchp.ucsf.edu

Water Quality

Resource Title	Link	Organization/Agency/Journal
<i>How to Find Out if Your Drinking Water is Safe, CCHP Health and Safety Note</i>	English: http://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Note-DrinkingWater.pdf Spanish: http://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Note-DrinkingWaterSP.pdf	UCSF California Child Care Health Program (CCHP) http://cchp.ucsf.edu

<i>Managing Lead in Drinking Water at Schools and Early Childhood Education Facilities</i>	http://www.wkkf.org/resource-directory/resource/2016/02/managing-lead-in-drinking-water-toolkit	W.K. Kellogg Foundation www.wkkf.org
Certified Product Listings for Lead Reduction	http://www.nsf.org/info/leadfiltrationguide	NSF International www.nsf.org

Working with Families

Resource Title	Link	Organization/Agency/Journal
<i>Share the Love, Share the Water, (2:57 minute video)</i> <i>A Compartir el Amor, A Compartir el Agua</i> <i>(3.32 minute video)</i>	English: www.youtube.com/watch?v=aJjDoKIN7Lw Spanish: www.youtube.com/watch?v=KpOQ2sHD5u8	UCSF, Center for Vulnerable Populations https://cvp.ucsf.edu/
ORAL HEALTH <i>Share the Love, Share the Water</i> <i>(2:00 minute video)</i> <i>A Compartir el Amor, A Compartir el Agua</i> <i>(2.18 minute video)</i>	English: www.youtube.com/watch?v=5T8uHVva9z90 Spanish: www.youtube.com/watch?v=nOGVWNGdPII&feature=youtu.be	University of Washington, Arcora Foundation, www.arcorafoundation.org/ UCSF Department of Pediatrics https://pediatrics.ucsf.edu
<i>What should your baby be drinking? (1:00 minute video)</i>	English: https://thousanddays.org/what-should-your-baby-be-drinking/	1,000 Days, https://thousanddays.org/
<i>What should preschoolers drink?</i> article for parents.	English: http://kidshealth.org/en/parents/preschool-drinks.html	KidsHealth from Nemours, https://kidshealth.org/
¿Qué deberían beber los niños en edad preescolar?	Spanish: http://kidshealth.org/es/parents/preschool-drinks-esp.html?WT.ac=pairedLink	
<i>What should my baby drink in the first year? (0:49 minute video)</i>	English: https://youtu.be/V4YxL2Mt_Rk Spanish: https://youtu.be/0KuEhs4opag	1,000 Days, https://thousanddays.org/

<i>¿Qué debería tomar mi bebé en su primer año? (0.49 minute video)</i>		
<i>What should my toddler drink? (1:19 minute video)</i> <i>¿Qué debería tomar mi niño pequeño? (1.20 minute video)</i>	English: https://youtu.be/-WXwAJqyDel Spanish: https://youtu.be/sBONjJ6z7ws	1,000 Days, https://thousanddays.org/
<i>What should my preschooler drink? (1:17 minute video)</i> <i>¿Qué debería tomar mi niño de preescolar? (1.17 minute video)</i>	English: https://youtu.be/JCF8Acr8HJk Spanish: https://youtu.be/hC5bhgtiqbA	1,000 Days, https://thousanddays.org/
<i>5 tips for healthy kids drinks (1:10 minute video)</i> <i>5 consejos de bebidas para mi bebé (1.09 minute video)</i>	English: https://youtu.be/x-qjrgUSxXo Spanish: https://youtu.be/pz5axERmgcU	1,000 Days, https://thousanddays.org/
<i>Is juice food for my kids? (1:06 minute video)</i> <i>¿Es el jugo bueno para mis niños? (1.06 minute video)</i>	English: https://youtu.be/qKFSaaueuo8 Spanish: https://youtu.be/TxP2vkKPTo0	1,000 Days, https://thousanddays.org/
<i>What milk is good for my kid? (1:26 minute video)</i> <i>¿Qué leche es buena para mi niño? (1.32 minute video)</i>	English: https://youtu.be/pEGNJTq_eL4 Spanish: https://youtu.be/ozZi4TCsl8w	1,000 Days, https://thousanddays.org/
<i>Healthy Drinks as Kids Grow (1:18 minute video)</i> <i>Bebidas saludables mientras los niños crecen (1.18 minute video)</i>	English: https://youtu.be/7p-eJcNwn2I Spanish: https://youtu.be/p9AXYd6b-aA	1,000 Days, https://thousanddays.org/

<p><i>How to swap out sugary drinks (1:01 minute video)</i></p> <p><i>Cómo intercambiar bebidas azucaradas (1.01 minute video)</i></p>	<p>English: https://youtu.be/i0gOY_8-99Y</p> <p>Spanish: https://youtu.be/fhbaZ5Y7UQw</p>	<p>1,000 Days, https://thousanddays.org/</p>
<p><i>Toddler Formula: What Do I Need To Know? (1:04 minute video)</i></p> <p><i>Fórmula para niños: ¿Qué necesitas saber? (1:04 minute video)</i></p>	<p>English: https://youtu.be/FolEW7_U1FY</p> <p>Spanish: https://youtu.be/RqzQ_P6b6Xw</p>	<p>1,000 Days, https://thousanddays.org/</p>
<p><i>How Much Water do Kids Need? (1:32 minute video)</i></p> <p><i>¿Cuánta agua necesitan los niños? (1.32 minute video)</i></p>	<p>English: https://youtu.be/5ae8ywuMiQY</p> <p>Spanish: https://youtu.be/DKtzNFMZNNY</p>	<p>1,000 Days, https://thousanddays.org/</p>
<p><i>All About Water</i></p>	<p>English: https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_Water.pdf</p>	<p>Robert Wood Johnson Foundation, Healthy Eating Research, https://healthyeatingresearch.org/</p> <p>Healthy Drinks, Healthy Kids, http://healthydrinkshealthykids.org/</p>
<p><i>All About Milk</i></p>	<p>English: https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_-Milk.pdf</p>	<p>Robert Wood Johnson Foundation, Healthy Eating Research, https://healthyeatingresearch.org/</p> <p>Healthy Drinks, Healthy Kids, http://healthydrinkshealthykids.org/</p>
<p><i>All About 100% Juice</i></p>	<p>English: https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_100_percent_Juice.pdf</p>	<p>Robert Wood Johnson Foundation, Healthy Eating Research, https://healthyeatingresearch.org/</p> <p>Healthy Drinks, Healthy Kids, http://healthydrinkshealthykids.org/</p>

<i>All About Plant Milks</i>	English: https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_Plant-Based-Non-Dairy-Milks.pdf	Robert Wood Johnson Foundation, Healthy Eating Research, https://healthyeatingresearch.org/ Healthy Drinks, Healthy Kids, http://healthydrinkshealthykids.org/
<i>All About Toddler Milks</i>	English: https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_Toddler_Milk.pdf	Robert Wood Johnson Foundation, Healthy Eating Research, https://healthyeatingresearch.org/ Healthy Drinks, Healthy Kids, http://healthydrinkshealthykids.org/
<i>All About Sugar Sweetened Drinks/Fruit Drinks</i>	English: https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_Sugar-Sweetened-Bevs.pdf	Robert Wood Johnson Foundation, Healthy Eating Research, https://healthyeatingresearch.org/ Healthy Drinks, Healthy Kids, http://healthydrinkshealthykids.org/
<i>All About Low-Calorie Sweetened Drinks</i>	English: https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_Low-Calorie-Sweetened-Bevs.pdf	Robert Wood Johnson Foundation, Healthy Eating Research, https://healthyeatingresearch.org/ Healthy Drinks, Healthy Kids, http://healthydrinkshealthykids.org/

Milk

Resource Title	Link	Organization/Agency/Journal
<i>Milk</i>	English: http://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Note-Milk.pdf Spanish: http://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Note-MilkSP.pdf	UCSF California Child Care Health Program (CCHP) http://cchp.ucsf.edu

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Food Safety

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Keep “Infused” Water Safe and Healthy	English: https://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Infused-Water-Handout.pdf Spanish: https://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Note_InfusedWater_SP.pdf	UC Agriculture and Natural Resources: http://ucanr.edu/

Other Resources

Resource Title	Link	Organization/Agency/Journal
Goals for Healthy Beverages in Child Care Centers and Homes	English: http://npi.ucanr.edu/files/287798.pdf	Nutrition Policy Institute, UC Agriculture and Natural Resources: http://npi.ucanr.edu/