



CHILD AND ADULT CARE FOOD PROGRAM CENTER NUTRITION EDUCATION DOCUMENTATION



Sponsoring Organization: _____ Agreement # : _____
 Center Name (if different from above): _____ # of Centers: _____
 Name of Person Conducting Activity: _____ Person's Title _____

Remember that nutrition education must **always** include education **about food and/or nutrients**. It can also include games, discussion groups, taste testing, physical activity, etc. Each activity should be appropriate for the age and development of the participants in your center.

Name of Activity: _____ Date: _____
 Learning Outcome (s): *Participants will be able to* _____
 _____ *after this activity.*

Describe the activity: _____

What did the participants like best? _____

Creditable foods used for activity:
 (Fluid Milk, Meat/Meat Alternate, Fruit, Vegetable, Grain/Bread)

NM Grown foods used for activity:
 (Unprocessed or minimally processed vegetables, fruits, and culturally significant foods)

- NUTRITION EDUCATION INCLUDED:**
 (check all that apply)
- _____ Activity or Game
 - _____ Art, Literature or Music
 - _____ Cooking
 - _____ Food Safety
 - _____ Celebration
 - _____ Gardening
 - _____ Hands On
 - _____ Health / Fitness
 - _____ Internet Activity
 - _____ Make Healthier Choices
 - _____ MyPlate
 - _____ Science / Nature
 - _____ Take-Home Education Info
 - _____ Taste Testing
 - _____ Try New Food
 - _____ Farm to Preschool Activity
 - _____ Other: _____

REQUIREMENTS:

- ✓ Each center must have a nutrition education activity, in each classroom, once a month.
- ✓ All activities must be documented on this form, and kept in the center files for State Agency Reviewers.

OPTIONAL:

- ✓ For recognition of **exceptional** activities, mail or fax a copy of the Nutrition Education Documentation form to:
 Family Nutrition Bureau
 Attn: Nutritionist
 3401 Pan American Freeway NE
 Albuquerque, NM 87107

(505) 841-4856 (Phone) (505) 841-4858 (Fax)

