

BE AN EAT SMART CHILD CARE

Make a difference.



Steps to becoming an Eat Smart Child Care

Take the training!

- ✓ Learn about menu planning, buying foods and creating an enjoyable and caring setting for meals
- ✓ Take advantage of expert advice - You don't have to do this alone!

Implement the changes

- ✓ Watch children try new, healthier foods
- ✓ Show parents the benefits of change

Apply for recognition

- ✓ Let your community and parents see how much you care about the health of children!

For more information:
www.health.mo.gov/eatsmart



Missouri
Eat Smart
Child Care

Missouri Department of Health and Senior Services
AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
Services provided on a nondiscriminatory basis.

#319 06/2016