



# Creating Healthy Schools and Communities

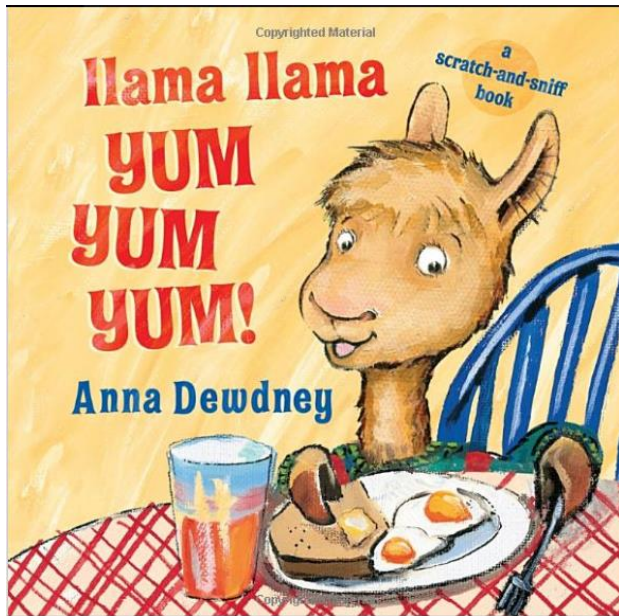
Early Child Care Resource Guide

2022-2023

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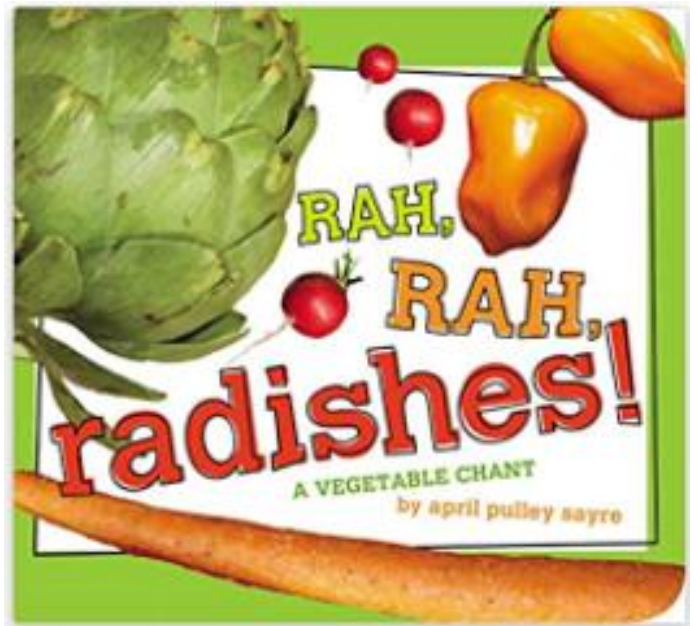
# Nutrition - Books





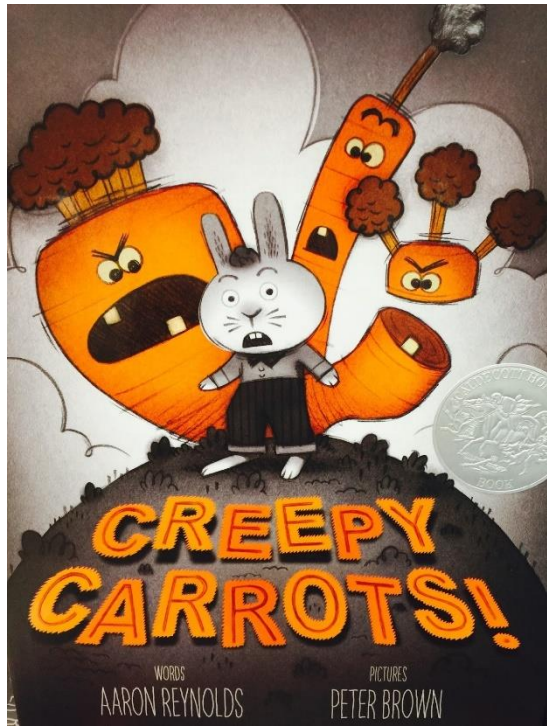
Llama Llama and his Mama are in the kitchen whipping up some delicious treats! Join in the fun by reading along with this super-sweet story and scratching and sniffing the fun scents on each spread, like pickles and ice cream sundaes!

With raucous, rhyming text, *Rah, Rah, Radishes!* celebrates fresh vegetables, nature's bright colors, and the joy of healthy eating.



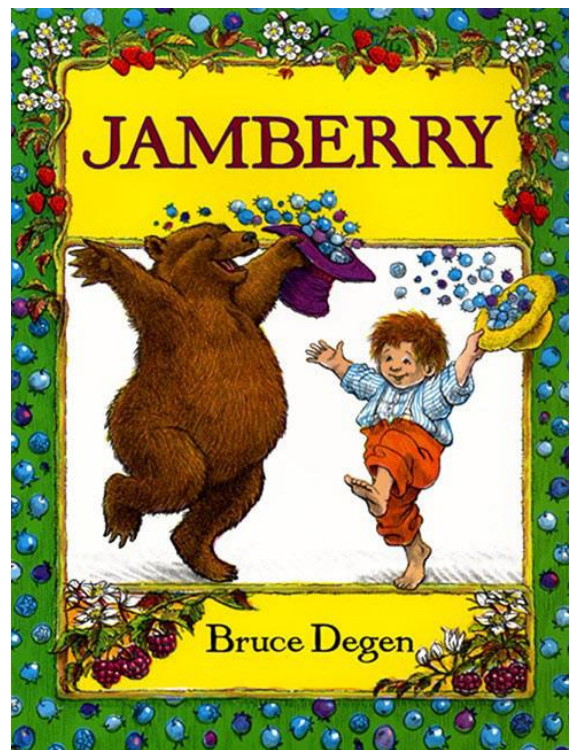
“When life gives you lemons, make lemonade.” In this imaginative take on that popular saying, a child is surprised (and disappointed) to receive a lemon tree from Grandma for her birthday. But when she follows the narrator’s careful—and funny—instructions, she discovers that the tree might be exactly what she wanted after all.

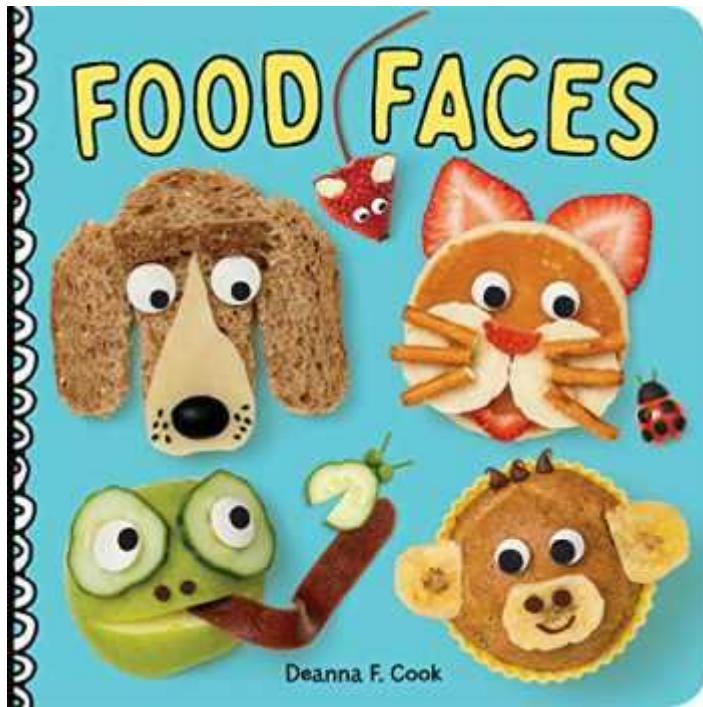




In this Caldecott Honor-winning picture book, The Twilight Zone comes to the carrot patch as a rabbit fears his favorite treats are out to get him.

A small boy and a big friendly bear embark on a berry-picking extravaganza, looking for blueberries, blackberries, and strawberries. Their fun adventure comes to a razzamatazz finale under a starberry sky.

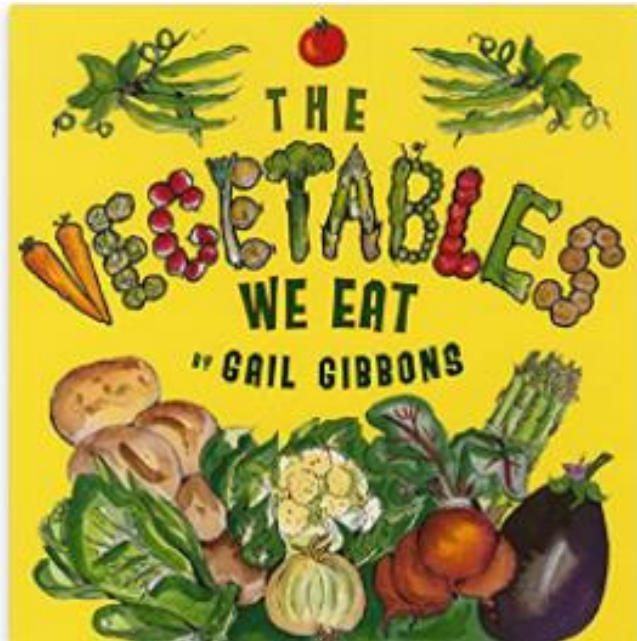




The littlest foodies will find this board book irresistible! On each page, they'll look into the eyes of a friendly (and tasty!) animal face made from cleverly disguised fruits, vegetables, and more.

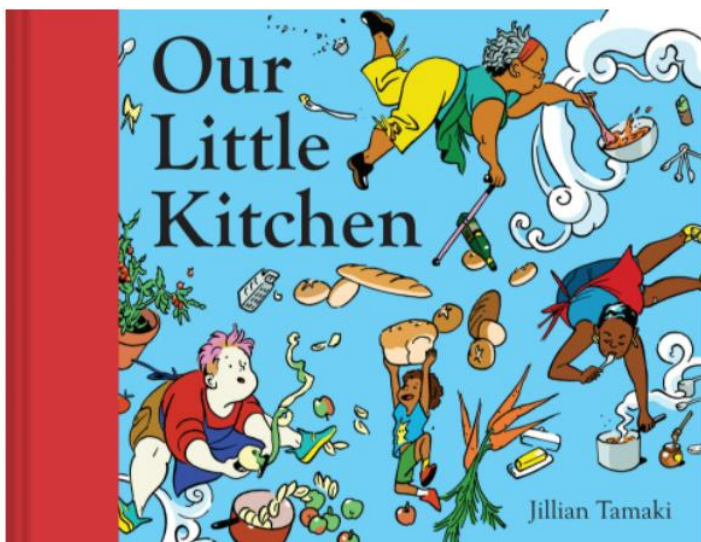
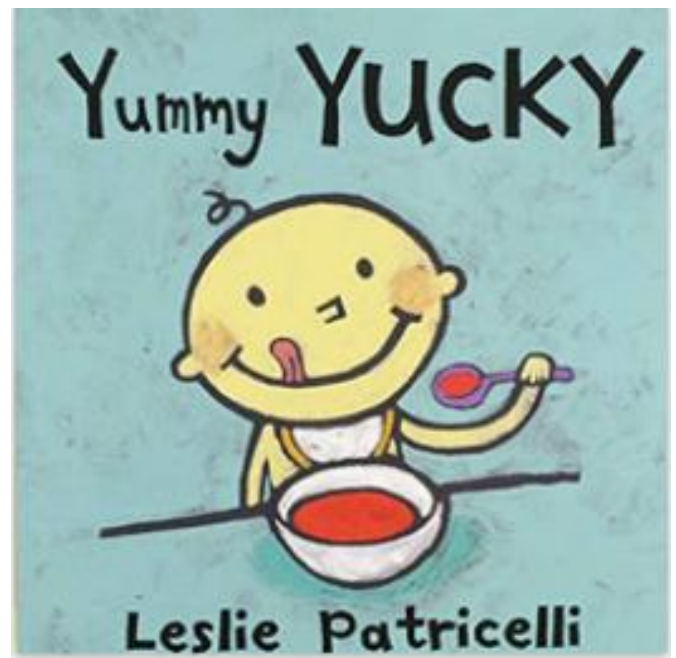
Join two children as they have a fun day having a picnic! They spread out their tablecloth and colorful food, fly kites, smell flowers, play on the swings, and much more! And when it's nighttime, they look up at the stars and enjoy the fireworks. The scenes are accompanied by simple, descriptive phrases on each page. With bright, fluorescent colors, this book is sure to catch children's and parents' eyes!





Nonfiction superstar Gail Gibbons lays out the basics of veggies with colorful watercolors and straightforward text. Learn how they grow, how they get to stores, and how many kinds there are—and learn some weird trivia, too!

Amiably illustrated in a bright, graphic style, Leslie Patricelli's spirited board book, *Yummy Yucky* stars an obliging, bald, and very expressive toddler who acts out each pair of opposites with comically dramatic effect.



In this lively, rousing picture book from Caldecott Honoree Jillian Tamaki, a crew of resourceful neighbors comes together to prepare a meal for their community.

# Nutrition – Classroom Items





## Little Chef's Fruit & Vegetable Cutups

### Recommended Age

3 yrs. - 6 yrs. / Preschool - 1st gr.

The play foods stick securely together with hook & loop fastener, so kids can safely and easily "slice" into each piece...then simply press the pieces together to start again! The durable plastic, 25-piece set includes a kid-safe knife and 6 1/2" cutting board.



## AHA Learn, Eat, Play & Thrive Kit

### Recommended Age

3 yrs. - 7 yrs. / Preschool - 2nd gr.

The exclusive kit features a targeted selection of age-appropriate materials that encourage kids to eat healthy foods and get plenty of exercise. Children learn all about health and nutrition as they read super-engaging fiction and nonfiction books that promote a balanced diet, do hands-on activities, and play with pretend fruits and vegetables. Plus, a parachute and a hopscotch carpet help boost balance, coordination, and gross motor skills—perfect for active play!



## Fruit Wedger / Corer with Push Plate

Recommended Age 4+

Cores and slice apples or pears into eight slices in one motion.

This version feature a push plate that pushes fruit up and out, keeping the blades away from fingers.



## Wavy Chopper

Recommended Age 4+

A small, easy-to-grip handle on top makes it particularly easy — children use both hands to push down, making sure fingers are safely out of the way.

Stainless steel blade, plastic handle. 3" x 3½".  
Hand wash.

## Kids Nylon Knife Set

Recommended Age

Ages 4+

Safe for children, the plastic knives in this set feature serrated blades, blunt tips, and non-slip grips to make food preparation a little easier.

Dishwasher-safe. 8¾", 9⅝", and 10¾" long.





## Vegetable Chopper with Wooden Handle

### Recommended Age

4+

Using this wood-handled chopper helps children master the same hand positions they'll need to safely use a knife (one hand holding the handle and one hand pushing down on top of the blade). Show your child how to press down steadily, keeping fingers safely away from the blade. 6¾". Hand wash.



## Non-Slip Mixing Bowl

1.5-quart plastic bowl from *OXO International*

### Recommended Age

Ages 2+

Children can easily grasp the non-slip handle and the spout makes pouring easy. The weighted non-slip bottom keeps the bowl from sliding away.

The 1.5-quart capacity is perfect for small batches. The dishwasher-safe plastic is free from BPA, BPS, phthalates, and PVC. 7" dia. x 4¾" high.



## Primary Cloth Apron with Easy-Fasten Velcro Closure

### Recommended Ages

Fits age 3 to 5

Children can put on and take off this apron all by themselves. Wrap-around, easy-fasten belt with Velcro® closure.

This apron protects clothing during food preparation and other practical life activities.

These sturdy cotton/polyester aprons are bound with matching binding. Machine wash and dry. 19" long in front, 10" long in back; 14" wide.



## Flexible Cutting Board Set

Sturdier than a roll-up mat, attractive, and easy to care for. Use these plastic mats any time a waterproof work surface is needed.



## Kids' Garden Tote with Tools

### Recommended Age

Ages 3+

Includes the heavy cotton canvas tote (8" x 6" 7" high) and three scaled-down tools with metal heads and wooden handles; includes spade (8"), rake (6"), and trowel (8½"). *Colors may vary.*

" 7" high) and three scaled-down tools with metal heads and wooden handles; includes spade (8"), rake (6"), and trowel (8½"). *Colors may vary.*

## Kids' Garden Hand Tools

### Recommend Age

Ages 3+

The perfect accessories to help the garden grow! These three scaled-down garden tools have metal heads attached to decorated wooden handles.

Set includes a trowel (8½"), rake (6"), and spade (8"). *Colors may vary.*

Three scaled-down garden tools have metal heads attached to decorated wooden handles.

Set includes a trowel (8½"), rake (6"), and spade (8").



## Kids Watering Can

### Recommended Age

Ages 3+

With a 2" sprinkling head and a durable epoxy finish, this petite watering can is perfect for outdoor watering.

Holds 24 oz. 11" x 4" overall; 5½" high.



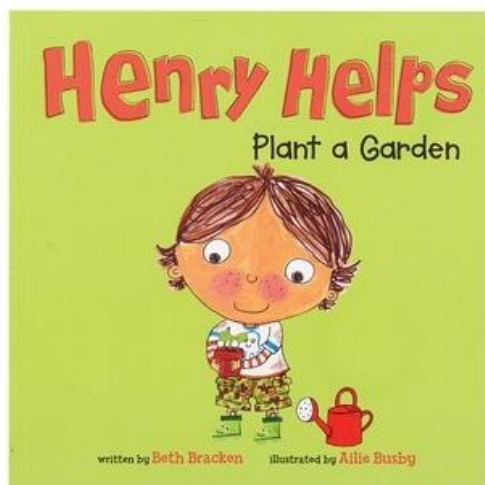
## Lil' Gardener Tool Set

3 hand tools & gloves from *Mindware* - Ages 5+

These real tools for budding gardeners are crafted especially for children.

With sturdy metal heads and high-quality wood handles, they are perfect for turning soil and digging holes.

The rubber-coated gloves will protect tender hands when weeding.



## Henry Helps Plant a Garden Ages

Recommended 2 - 6

This engaging book offers simple ways that toddlers and young children can be a big help in the garden, including digging, planting seeds, watering, and pulling weeds.



## BPA-Free Break-Resistant Restaurant Style Plastic Pitcher, 32 Ounce, Clear

- Shatterproof – Made from high-strength plastic designed to withstand daily use, this pitcher is ideal for both home and commercial use both indoors and out
- Heavy-Duty – Designed for daily use in restaurants, cafes, bars, and busy home kitchens
- Dishwasher Safe – Safe for both residential and commercial dishwashers for easy cleaning
- 100% BPA Free

## Rubbermaid Simply Pour, Plastic Pitcher with Multifunction Premium Lid, Clear

- Premium, multifunction lid features 3 positions—free pour, pour with Ice Guard, or no pour—for any type of beverage you may be serving; easily turn the cushioned, ergonomic lid handle to choose position
- Plastic pitcher is BPA-free and dishwasher-safe



## WeeSprout 100% Silicone Plates for Toddlers

Recommended Age

Toddlers

3 Pc Set | Divided Baby Plates

Non-Toxic, BPA Free | Dishwasher & Microwave Friendly

# BEST First Stage Baby Infant Spoons, 5-Pack, Soft Silicone

## Recommended Age

Infant +

- Baby spoons set are specially designed to encourage babies self-feeding safely at their early stages. The flexible soft tip provides the right bite portion while it also protects their gums.
- These silicone baby spoons are ergonomically designed to be held on baby's hands. Use our soft baby spoons to scoop purées, cereal, and other foods without worrying about bumping or scraping their gums



# Crock-Pot 7Qt MyTime Cook & Carry Slow Cooker, Programmable, Stainless Steel

- 7-Quart Capacity
- AUTO-ADJUST COOKING CYCLE: Cooking cycle adjusts the temperature to ensure meals are never overcooked
- MANUAL COOKING: Easily control cook settings on your own with the manual cook option
- COOK & CARRY HANDLES: Easy carry handles make lifting and carrying a breeze



## Large Salad, Cereal, Snack, Pasta, Serving and Mixing Bowl

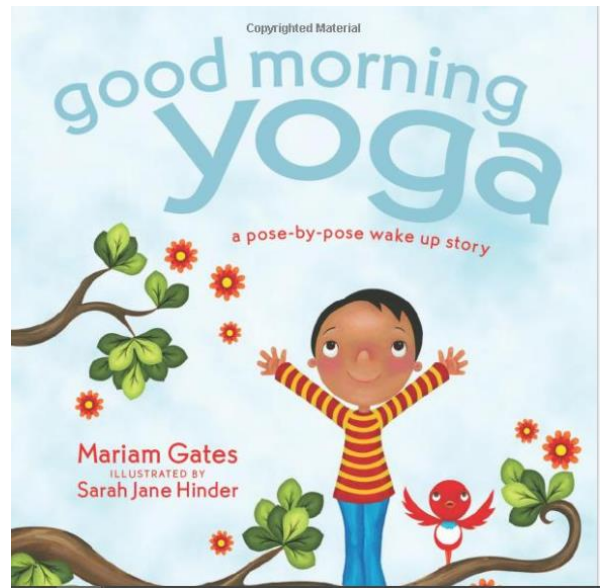
- 9 x 9 x 3-inch, 60 oz, 7 cups
- Reusable Round Plastic Serving Bowls for Cereal, Salad and Snacks are Shatter Proof and a Safe Alternative for children to pass food in
- Top Rack Dishwasher Safe and Microwave Safe, Food Grade – BPA Free – Plastic, Stackable, Plastic Bowl Allows for Convenient Storage When Not in Use



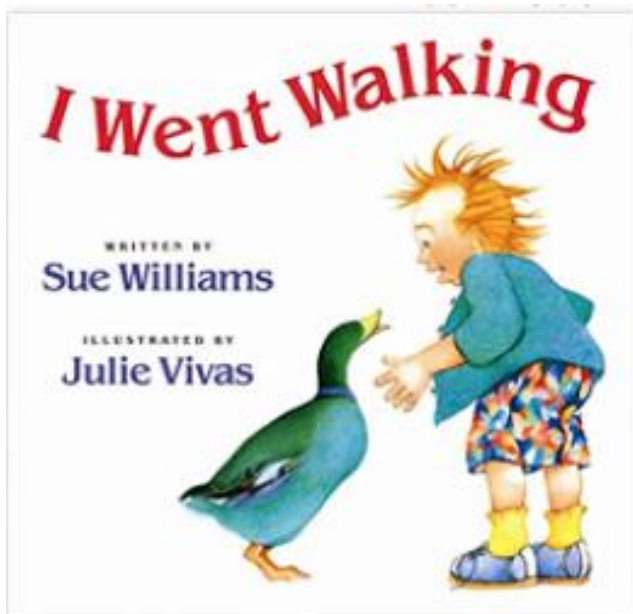
# Physical Activity - Books



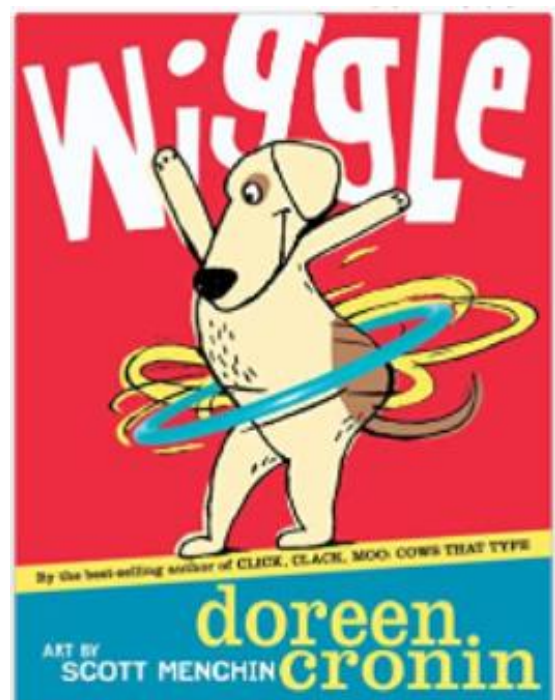
This "wake up" story is so much more than a story. It's a practice for kids and parents to greet the morning with joy and embark on their daily adventures with intention and confidence.

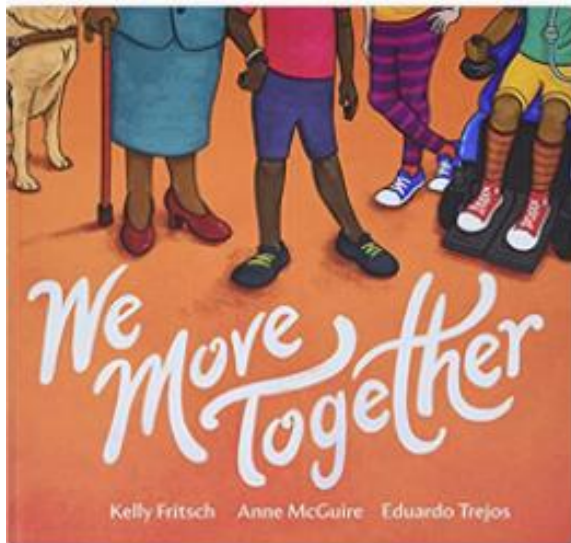


This simple, funny read-aloud follows a boy's exciting stroll through the countryside.



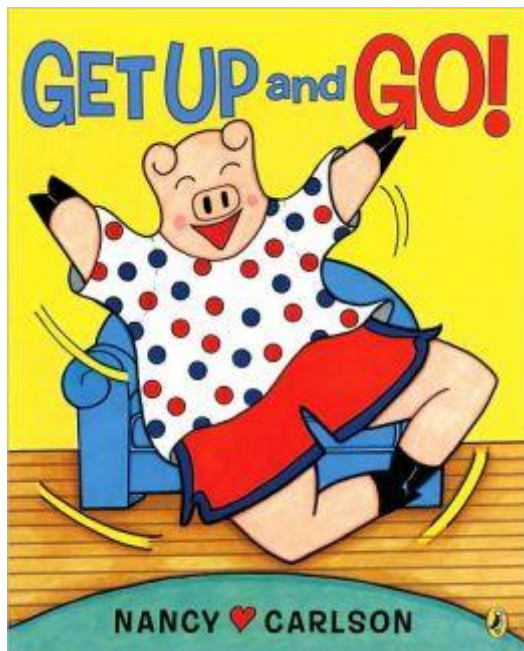
For energetic toddlers (are there any who aren't?), here's a book that invites them to wiggle along with the story. Told in rollicky, wiggly rhyme that begs to be read again and again, Doreen Cronin's latest romp will have toddlers wiggling, giggling, and then (hopefully) falling into bed, blissfully exhausted!





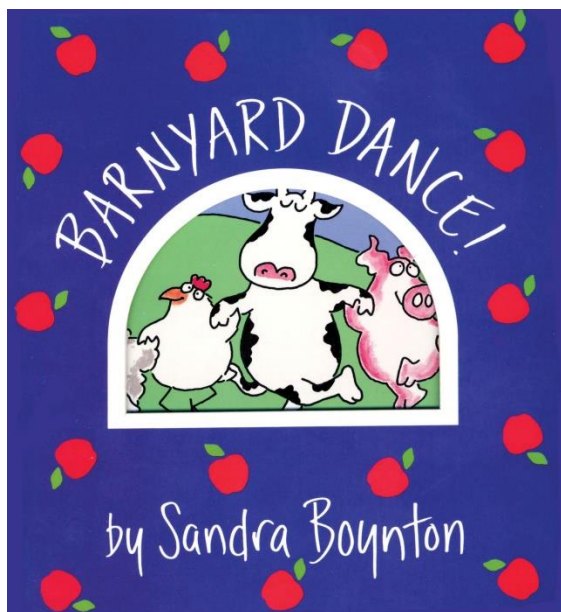
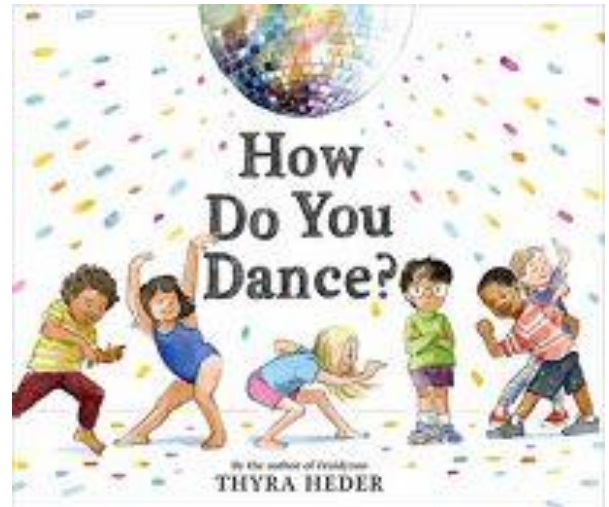
We Move Together follows a mixed-ability group of kids as they creatively negotiate everyday barriers and find joy and connection in disability culture and community.

Diane Craft's Active Play books offer activities that are fun for young children and will get them moving!



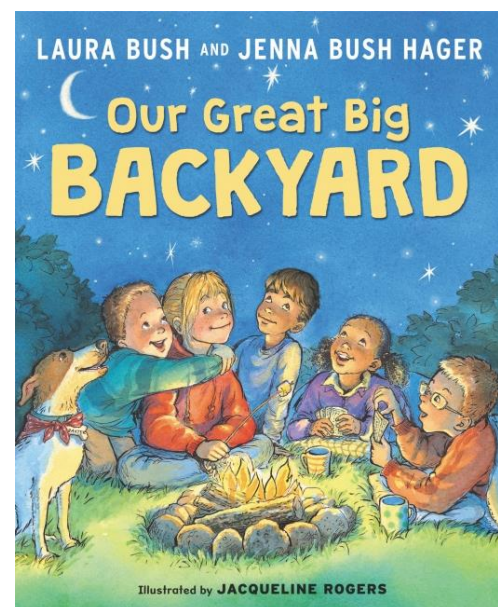
Vibrant, fun-filled illustrations and an encouraging text explain the many great reasons to exercise, from making new friends to going new places, or just because it's good for your body. Nancy Carlson's gleeful, kid-friendly story is sure to make readers young and old get up and exercise!

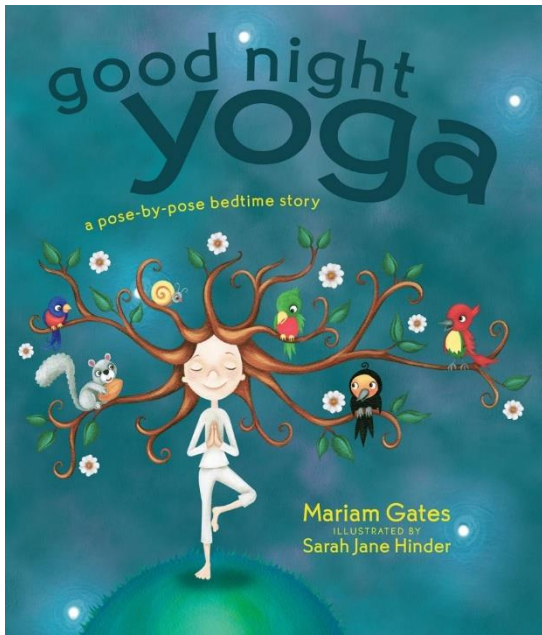
In *How Do You Dance?*, award-winning author-illustrator Thyra Heder explores dance in all of its creativity, humor, and—most of all—joy, in a picture-book celebration of personal expression that will inspire young and old readers alike to get up and get moving.



Everybody sing along—because it's time to do-si-do in the barnyard with a high-spirited animal crew! From Boynton on Board, the bestselling series of board books, here is BARNYARD DANCE, with Sandra Boynton's twirling pigs, fiddle-playing cows, and other unforgettable animals.

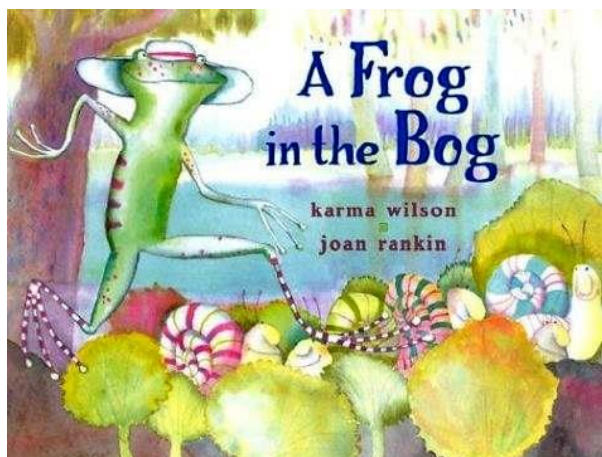
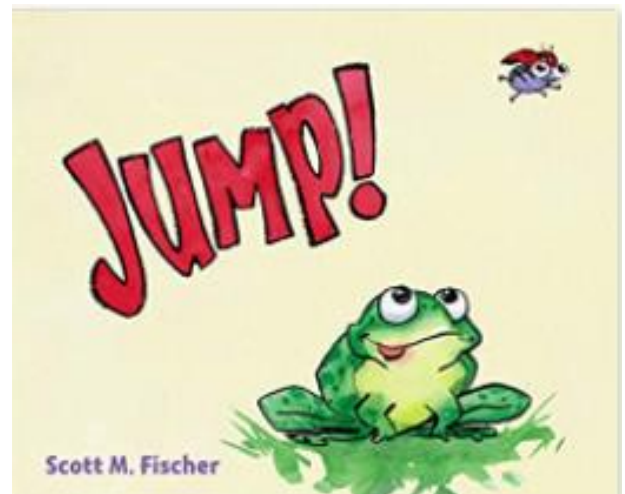
*Our Great Big Backyard* follows Jane, whose plans of spending the summer playing video games with her friends are dashed when her parents announce that her family is going on a road trip to national parks around the country. Yet somewhere between the Everglades and Big Bend National Park, things begin to change. The more Jane discovers, the more she realizes how much there is to love about the outdoors—whether she's in a national park across the country or right in her own backyard.





This beautifully illustrated, full-color book tells the story of the natural world as it closes down for the night, while teaching children a simple flow of yoga postures inspired by their favorite characters from nature.

Building on repetition that's fun to read and fun to listen to, *Jump!* is a rip-roaring, read-aloud with simple rhymes and lively illustrations that leap off the pages.



Now available as a Classic Board Book, this rhythmic and humorous story that counts from one to five is perfect for the youngest of readers.

# Physical Activity- Classroom Items





## Rainbow School Parachutes (6ft)

### Recommended Age

3 yrs. - 6 yrs. / Preschool - 1st gr.

Our rugged parachutes encourage noncompetitive, cooperative play. When children make the parachutes billow, they strengthen shoulder, arm, and hand muscles, refine motor skills, and develop a sense of rhythm. Tough, lightweight nylon parachutes have reinforced handholds, and each comes in a drawstring bag.

### Additional Information

6'-diameter parachute fits up to 8 kids.

## Lakeshore Hop-Along Balls (15 & 18 in)

### Recommended Age

3 yrs. - 5 yrs. / Preschool - Kindergarten

Perfect for use indoors or outside on the grass, the balls feature specially designed, easy-grip handles that provide maximum comfort and control and they're flexible, so they couldn't be safer for kids.

### Additional Information

- Small ball measures 15" in diameter and comes in green.
- Medium ball measures 18" in diameter and comes in red.





## Early Years Ball Toss

### Recommended Age

18 mos. - 4 yrs. / Toddler - Pre-K

Our oversized hoop and net guarantee throwing success! The hoop's large size makes it easy for children to hit the target—and is ideal for use with balls up to 13". It also has a super-stable, tip-resistant metal base, plus a rugged net for years of active play. Hoop measures 19 1/2" across; assembled item measures 26 1/4"w x 25"d x 25 1/2"h. Easy assembly.

## Soft & Washable Sensory Balls

### Recommended Age

Birth - 36 mos. / Infant - Toddler

Tots touch, toss and squeeze our soft-sewn balls and build sensory awareness as they play! The balls have lots of fun textures, super-bright colors plus jingling bells, soft crinkles, rattling beads and more. Best of all, the balls are fully machine-washable! A set of 6 sensory balls: largest measures 7 1/2".







## Heavy-Duty Play Tunnels

### Recommended Age

18 mos. - 6 yrs. / Toddler - 1st gr.

Each durable, school-quality tunnel has a sturdy steel frame that keeps its shape through years of use, plus a heavy-duty cover made of rugged nylon that completely conceals the frame—so kids stay extra-safe. Tunnels compress for convenient storage.

### Additional Information

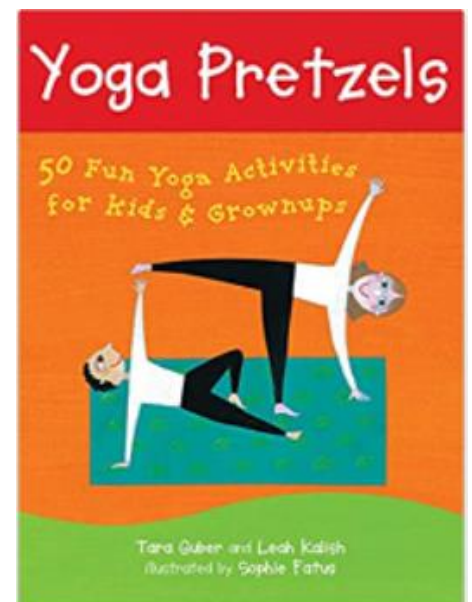
Regular play tunnel measures 19" in diameter and stretches to 6' in length.

## Yoga Pretzels: 50 Fun Activities for Kids & Grownups

### Recommended Age

2+

Stretch your way to a fun and healthy lifestyle with each of the fifty yoga poses in this colorful activity deck. These cards include forward bends, back bends, partner poses, and balance poses.





## Fisher-Price Corn Popper

### Recommended Age

12 Months+

Classic push-along toy with colorful popping balls for infants and toddlers ages 12 months and up.



## 4-in-1 Shop 'n Cook Walker Shopping Cart Push Toy, Ages 6 months +

- 4 modes of play to grow with baby: sit & play removable cook top; stand & play activity table; push & walk behind; and remove cook top for shopping cart
- Popcorn really pops when baby walks or pushes button
- Light up button causes sizzling cooking sounds



## DuraHoop Flat (14 in)

Flat hula hoops are great for non-traditional hoop activities! Students can step in them, on them, around them, or through them! The solid one-piece injection-molded ring has edges all around for added strength, making it sturdy yet flexible.



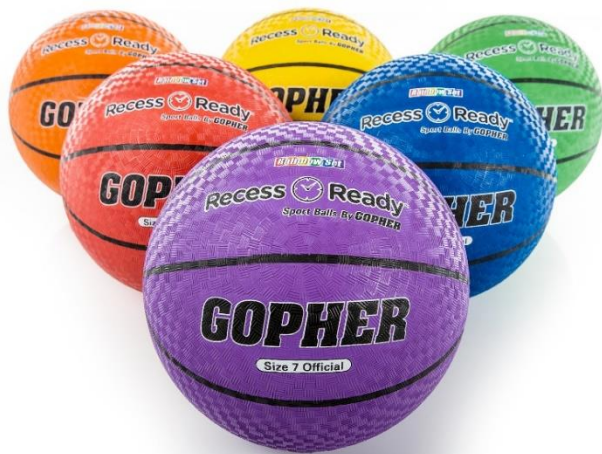
## DuraHoop(24in)

Featuring a 2.3 mm thick wall with fused, staple-free ends, this is a hoop that is safer and more durable than other similar hoops on the market. Its rigid design makes it kink-proof, even when stepped on.

## Rainbow Playground Balls

7 inches in diameter, these playground balls are stippled two-ply rubber cover is designed for intense play on rough playground surfaces.

You can expect these balls to last for years.



## Rainbow RecessReady Basketballs

These rubber playground balls create the perfect intersection between hardcore sports and gentle playing. Your students can develop key skills without worrying about the intensity

## Performer Rubber Soccer Balls

(Size 4 and 5)

Introductory soccer ball with a molded-rubber cover stands up to play on any surface!



## Rainbow Textured Activity Balls

- These unique activity balls are a great addition to your adapted PE equipment for a variety of activities!
- Each ball features a different raised texture and color for a range of sensory stimulation, allowing users to choose which combination they're most comfortable with.
- Each ball measures 5" diameter



# Steps and Ramp Climber – Contemporary

(Ages 12 months & up)

- These climbers are colorful, thoughtful transition pieces that assist children in acclimating to and mastering their surroundings.
- Cushioned climbers provide beginner crawlers the perfect place to exercise their newfound gross motor skills.
- Three multi-height, solid sponge pieces in the contemporary color palette fit securely together with hook and loop closures. An appropriately sized, soft climber encourages toddlers to practice their budding balance and coordination skills in a safe, exploratory environment.



## Multi-textured Sensory Balls

for Baby - Ages 6 Months and up

(6.5 cm/2.56 inches in diameter)



- Textured Multi Balls are made of silicone. Soft and safe, Non-toxic, sturdy and wear-resistant, tear-resistant, durable, and can be used repeatedly.
- They can exercise baby's grip, knock, touch, and color perception. Help baby development visual, auditory, and hand-eye coordination skills.

# Breast Feeding

## Boppy Nursing Pillow and Positioner

- Cotton
- Versatile awake-time support: Feeding (0+ months), propping (3+ months), tummy time (6+ months) and sitting (9+ months). For baby's awake time only. Not for sleep.
- Options: Works for multiple feeding styles—cradle, cross cradle, football hold, bottle feeding
- Awake-time only: This product is for baby's adult-supervised awake time and not for sleep





## SafeRocker™ Standard Glider

(43"H x 30"W x 29"L)

The SafeRocker™ Deluxe Glider provides a well-constructed, comfortable seating option for an active childcare environment. This commercial grade glider rocker features an extra wide seating surface for spacious and comfortable seating for extended periods of rocking and feeding. Arm rests are ergonomically designed for maximum support and deep pockets to easily store and access your essentials while sitting. Glider is constructed with a solid wood exterior with solid steel base. Microfiber cushions and arm rests are removable for easy laundering. Weight capacity 300 lbs. Rocker dimensions are. Assembly required.