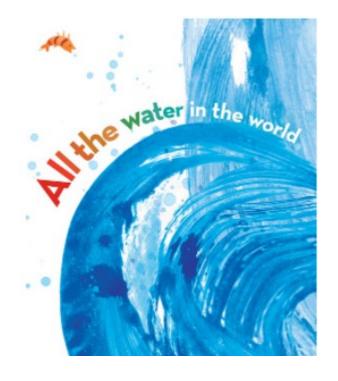


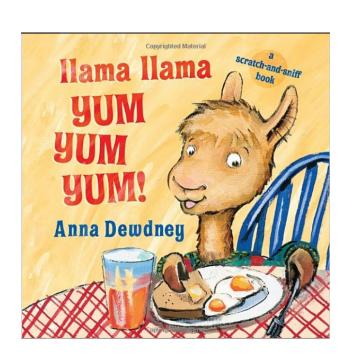
# Creating Healthy Schools and Communities Early Child Care Resource Guide 2022-2023

## Nutrition - Books

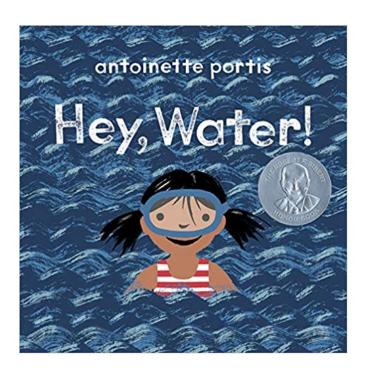




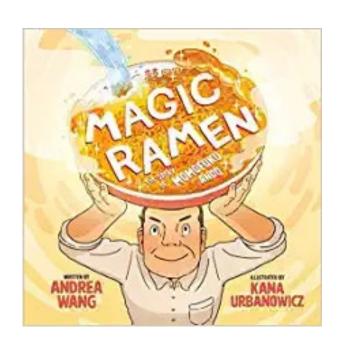
All the Water in the World



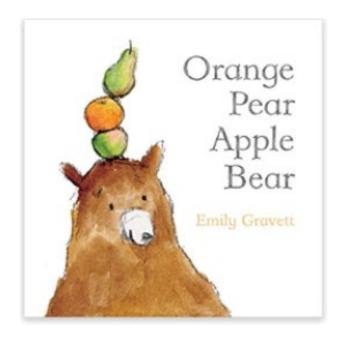
Llama Llama Yum Yum Yum!



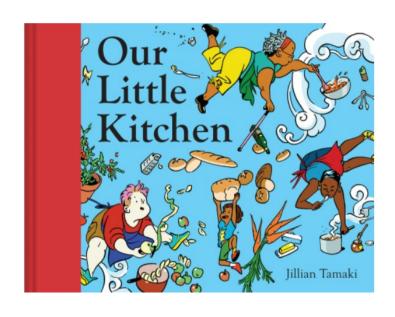
Hey, Water!



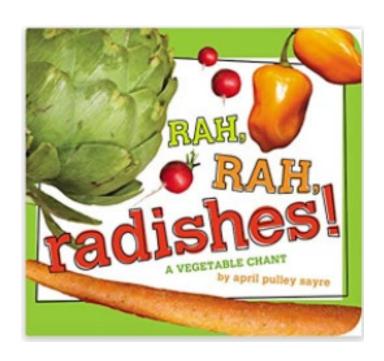
Magic Ramen



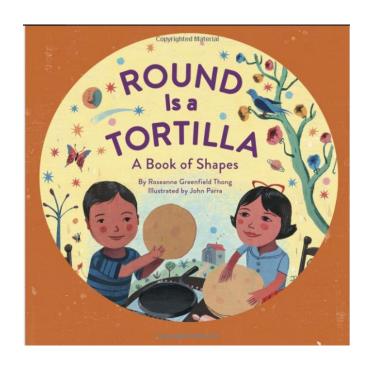
Orange Pear Apple Bear



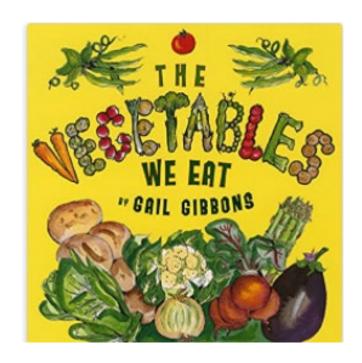
Our Little Kitchen



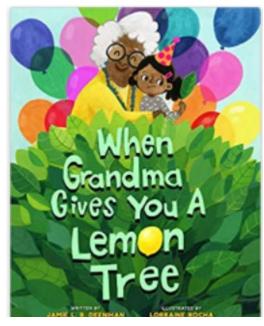
Rah, Rah, Radishes!



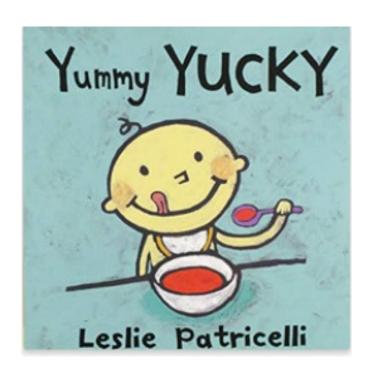
Round is a Tortilla



The Vegetables We Eat



When Grandma Gives
You a Lemon Tree



Yummy Yucky

## 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 kidsafe 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 superengaging 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", 95%", and 1034" 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.  $\times$  4 $^{3}$ 4" 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.



#### 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 ( $8\frac{1}{2}$ "). *Colors may vary.* 

"7" high) and three scaled-down tools with metal heads and wooden handles; includes spade (8"), rake (6"), and trowel ( $8\frac{1}{2}$ "). *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.



#### 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



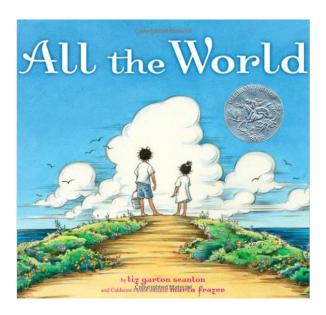


## Crock-Pot 7Qt MyTime Cook & Carry Slow Cooker, Programmable, Stainless Steel

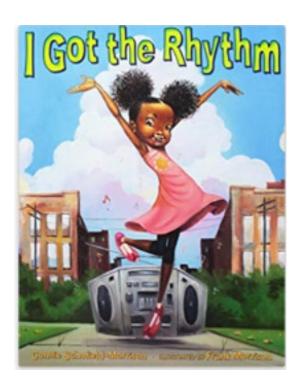
- 7-Quart Capacity
- AUTO-ADJUST COOKING CYCLE: Cooking cycle adjusts the temperature to ensure meals are never overcooked
- MANUAL COOKING: Easily control cook settings on your own with the manual cook option
- COOK & CARRY HANDLES: Easy carry handles make lifting and carrying a breeze

## Physical Activity - Books

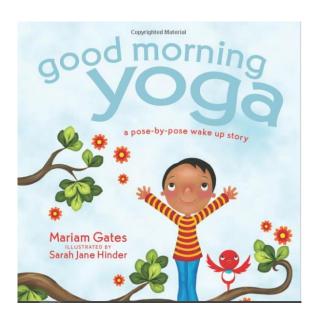




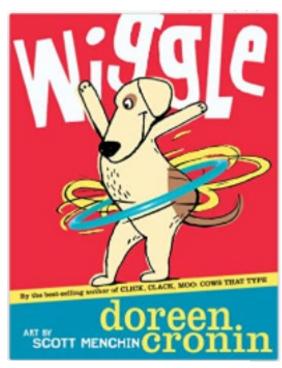
All the World (Classic Board Books)



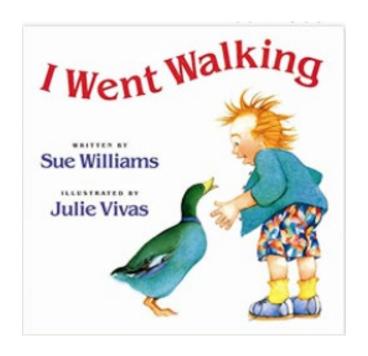
I Got the Rhythm

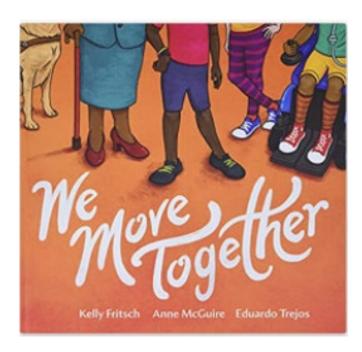


Good Morning Yoga: A Poseby-Pose Wake Up Story



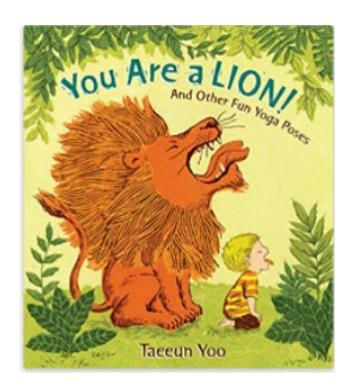
Wiggle



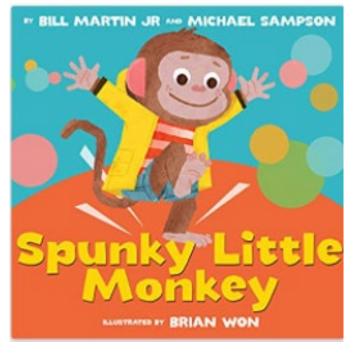


I Went Walking

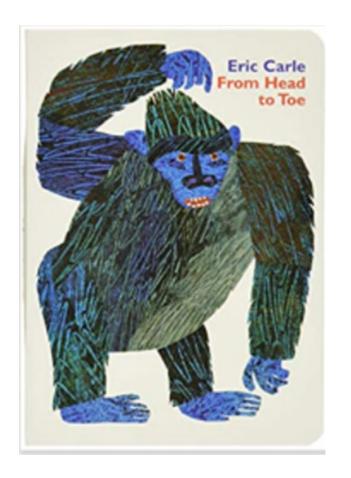
We Move Together



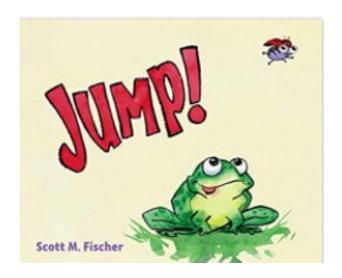
You Are a Lion!: And Other Fun Yoga Poses



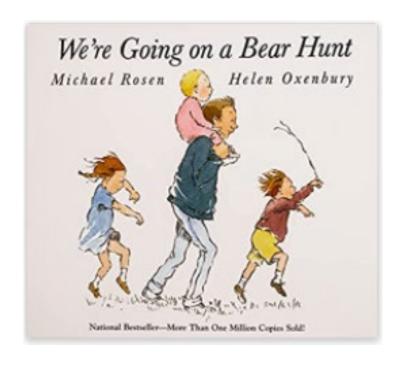
Spunky Little Monkey



From Head to Toe



Jump!



We're Going on a Bear Hunt



Active Play!

## 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

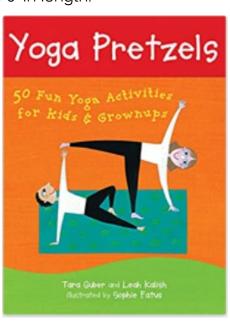
Regular play tunnel measures 19" in diameter and stretches to 6' in length.

## 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.





#### VTech Sit-To-Stand Learning Walker (Blue)

#### Recommended Age

9 months - 3 years

- The walker includes five piano keys that play musical notes and encourage creativity
- The walker features colorful spinning rollers, three shape sorters and three light-up buttons that help develop fine motor skills
- A telephone handset enhances role-play fun
- Adjustable two-speed control switch on the wheels allows walker to grow with your little one's changing needs.

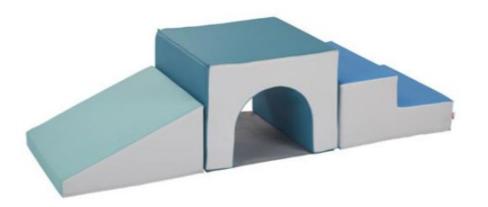


#### Fisher-Price Corn Popper

#### Recommended Age

12 Months+

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



#### Softzone® Single Tunnel Climber

 $(60"L \times 20"W \times 15"H)$ 

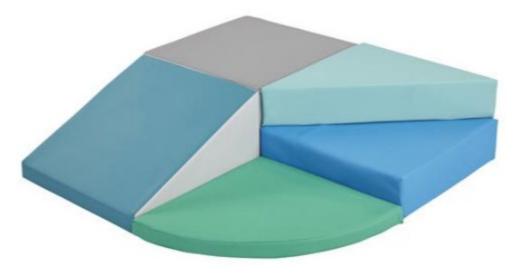
- Features two stepping blocks, a ramp, a toddler traversing tunnel
- Little ones will develop coordination, balance, and other important gross motor skills through physical play
- Ideal for classrooms, daycares, homes, and playrooms
- Dense foam pieces are covered in a soft vegan leather and features a special nonslip base
- Assemble climber with stay-put fasteners



#### Softzone® Junior Little Me Corner Climber

(32"L x 32"W x 8"H)

- Encourage and strengthen early muscle movement such as climbing and crawling, enhance physical coordination and balance, and help overall body control
- Dense foam pieces are covered in a soft vegan leather and features a special non-slip base
- Assemble climber with stay-put fasteners



#### Softzone® Junior Tiny Twisting Climber

(32"L x 32"W x 8"H)

- Encourage and strengthen early muscle movement such as climbing and crawling, enhance physical coordination and balance, and help overall body control
- Dense foam pieces are covered in a soft vegan leather and features a special non-slip base
- Assemble climber with stay-put fasteners



#### 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.





#### Multi Dome Jr. Over and Under Pack

This set of compact, easy-to-use domes provides teachers with the resources to make at least 12 exciting obstacle courses, or they can design their own courses. Students can also create courses to test athletic abilities, develop coordination, and practicing gross motor skills.

The obstacles help students become familiar with objects and how to fit through them.

Teachers can also use the arch gates as soccer goals or create targets with the Klipz

and hoops for throwing practice.

Each 8" dia dome has 4 connection points, allowing for more than one attachment in each dome. Teachers can also insert hoops 2 ways in the domes. Simply snap the attachments into place to create obstacles. When the action ends, it is easy to quickly disassemble the obstacles for compact storage.

#### Set includes:

- Multi-Dome Jr. Domes, Set of 18
- Arch Gates, Set of 6
- Hurdles, Set of 6
- Klipz, Set of 6
- Wand Posts. Set of 6



#### Rainbow Tangle Toss Balls

Flexible, vinyl construction is extremely durable, inviting, and easy to grab when thrown or rolled. These balls a great option for younger and new users, while also leading to more success during tossing and catching games by users of any age. 6" dia design is easy to handle.



#### **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.

#### Lansinoh Breastmilk Storage Bags

- Presterilized- Our milk storage bags are presterilized, BPA/BPS free, and have a double zipper seal to prevent leaks
- Reinforced Seam Double sealed side seams for super strong breast milk collecting bags
- Pump Directly Breast milk storage bags can be pumped directly into with Lansinoh pumps or used with our pump-into-bag adapter on most major pump brand



