



FORWARD CORNER

November is Eat Smart to Be Well Month

This November, FORWARD DuPage joins the American Heart Association (AHA) in celebrating Eat Smart Month. Rebranded Healthy for Good™ this monthly focus is designed to inspire, motivate and encourage everyone to live healthier and create lasting change, one small step at a time. The approach is simple: Eat Smart, Move More and Be Well.

If you are not a part of the Child Care Food Program, we encourage you to make the most of the meals in your family child care home or center by revamping your menu to meet these Eat Smart NAPSACC best practices (Nutrition and Physical Activity Self-Assessment, Child Care).

- Offer fruit (not juice) to children at least 2 times a day. (Fresh or frozen or canned in its own juice) Offer juice 2 times a week or less.
- Offer vegetables (not fried) at least 2 times a day. Offer dark green, orange, red, or deep yellow vegetables daily. Make sure there is variety each day beyond potatoes, corn, or green beans. Prepare cooked vegetables without added meat fat, margarine, or butter. Limit fried or pre-fried potatoes (French fries, tater tots, hash browns) to once a week or never.
- Offer beans or lean meats at least once a day. Limit fried or pre-fried meats or fish (chicken nuggets, fish sticks) to once a week or never. Limit high fat meats like sausage, bacon, hot dogs, bologna, or ground beef to once a week or never.
- Offer high fiber, whole grain foods at least twice a day.
- Offer sweet, salty or high fat snacks less than once a week or never.
- Serve skim or 1% milk to children 2 or older.

Download and Share with families and staff these excellent resources from the Am. Heart Association

- [Get Smart in the Kitchen](#)
- [Snack and Sip Smarter](#)
- [Fruits and Veggies Toolkit for Kids](#)
- [Kit de frutas y verduras para niños](#)

JOIN THE HEALTHY MOVEMENT TODAY BY TAKING ACTION!

Families: Text the keyword DailyHack to 51555. Starting November 1 through December 1 you will receive daily text message reminders from the AHA that will inspire, encourage, rejuvenate, and motivate you during the holiday season.

Early Childhood Providers: Share with your families, the healthy decisions you have made in putting your menu together and encourage them to begin to make some of the same changes at home (link them to the AHA resources).

For information on healthy eating and active living initiatives in DuPage County, along with a link to FORWARD's monthly webinars, check out www.forwarddupage.org. For more early childhood healthy resources for families click [here](#).