

# Looking Into the Future: Continuing Our Wellness Policy

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I will take the following actions to continue my wellness policy:

- Visit the library to borrow nutrition and physical activity books
- Search the internet for new nutrition and physical education lessons and activities
- Contact my Cooperative Extension Agent or Child Care Resource & Referral Agency to inquire about staff and parent training
- Re-assess our nutrition and physical activity practices to determine if new or updated policies are needed
- Set wellness goals for the next year
- Other: \_\_\_\_\_  
\_\_\_\_\_
- Other: \_\_\_\_\_  
\_\_\_\_\_
- Other: \_\_\_\_\_  
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# Resources

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## **Child Care Resource and Referral Agency**

- [www.gaccrra.org/](http://www.gaccrra.org/)
- North Region: (800) 308-1825
- Metro Region: (877)722-2445
- East Region: (877) ALL-GA-KIDS
- Central Region: (877) 228-3566
- Southwest Region: (866)833-3552
- Southeast Region: (877) 935-7575

## **UGA Cooperative Extension**

- [www.caes.uga.edu/extension/office.cfm](http://www.caes.uga.edu/extension/office.cfm)
- (800) ASK-UGA1

## **Websites**

**Team Nutrition:** <http://teamnutrition.usda.gov>

**USDA's MyPlate:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Bright from the Start:** [www.dec.state.ga.us](http://www.dec.state.ga.us)

**Healthy Eating for Life:** [www.healthyeatingforlife.org](http://www.healthyeatingforlife.org)

**USDA Healthy Meals Resource System:** [www.nal.usda.gov/childcare](http://www.nal.usda.gov/childcare)

**National Food Service Management Institute:** [www.nfsmi.org](http://www.nfsmi.org)

**US Child Care Website:** [www.childcare.gov](http://www.childcare.gov)

**Kids Health:** <http://classroom.kidshealth.org>

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