Training Opportunities for Child Care Providers

The following training workshops are sponsored by the Missouri Team Nutrition Program and taught by Nutrition and Human Development Specialists with University of Missouri Extension.

1. **Taking Care of You: Managing Stress and Improving Health in Your Work and Life**
   This session offers practical strategies and experiences to help individuals better manage their stress, which can lead to improvement in their overall health and well-being. This in turn can allow individuals to improve their ability to provide care and support for the children they serve. Scheduled for June 5 from 5:30 – 7:30 p.m. (2 clock-hours).

2. **Childhood Obesity and Missouri’s Eat Smart Guidelines for Child Care**
   This workshop discusses the current childhood obesity epidemic and how it relates to child care. It introduces the *Missouri Eat Smart Child Care* initiative as a way to improve child care meals. Scheduled for July 10 from 5:30 – 6:30 p.m. (1 clock-hour).

3. **Eating Well – Basic Nutrition for Kids and for You**
   This workshop gives an overview of basic nutrition facts and introduces MyPlate as a tool to choosing healthy foods. Scheduled for July 31 from 5:30 – 7:30 p.m. (2 clock-hours).

Each workshop is approved by the Section for Child Care Regulation for 1 or 2 clock-hours. Workshops will be held at the Pettis County MU Extension Center in Sedalia.

**Scheduling Information**

* Please register at least one week prior to the session(s) you would like to attend.

Look for these workshops on the ChildCare Aware training calendar at [www.moworkshopcalendar.org](http://www.moworkshopcalendar.org) or contact your local Extension Specialist:

Extension Specialist: Melissa Cotton

Phone: 660-827-0591

Email: cottonmr@missouri.edu

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For more information, call MU Extension’s Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local food stamp office or go online to: dss.mo.gov/fsd/fstamp/