

Information Resources

APPENDIX H

Information Resources

NFSMI
(800) 321-3054

The **National Food Service Management Institute (NFSMI)**, located at the University of Mississippi, is committed to improving the operation and quality of all Child Nutrition Programs, including CACFP. This is accomplished through staff development programs, training experiences, educational materials, and a national satellite network. The Institute is funded by a grant from USDA's Food and Nutrition Service.

For information on food service, food preparation, meeting the Dietary Guidelines, or available videos and training packages, contact the NFSMI's clearinghouse at (800) 321-3054, or visit their website at www.nfsmi.org, or write:

National Food Service Management Institute
The University of Mississippi
P.O. Drawer 188
University, MS 38677-0188

FNIC
(301) 504-5719

The **Food and Nutrition Information Center (FNIC)** is located at USDA's National Agricultural Library in Beltsville, Maryland. USDA program participants may borrow child care reference materials, videos, and training materials free of charge. Sample Nutrition Education and Training materials are available at FNIC. Food labeling material is also available. On-line bibliographies are offered to assist in research. Contact FNIC at (301) 504-5719, or visit their website at www.nal.usda.gov/fnic/, or write:

USDA/NAL/FNIC
10301 Baltimore Boulevard, Room 304
Beltsville, MD 20705-2351

NMCHC
(888) 434-4MCH

The **National Maternal and Child Health Clearinghouse (NMCHC)** offers publications on nutrition, maternal health, child health, and children with special health care needs. Contact the Clearinghouse at (888) 434-4MCH, or visit their website at www.nmchc.org, or write:

National Center for Education in Maternal and Child Health
2000 15th Street, North, Suite 701
Arlington, VA 22201-2617

NRC-for Health and Safety in Child Care
(703) 524-7802

The **National Resource Center for Health and Safety in Child Care** provides information services, training and technical assistance, conferences for sharing experiences and knowledge, and develops and distributes resource materials. Contact the center at (703) 524-7802, or visit their website at nrc.uchsc.edu, or write:

The National Resource Center for Health and Safety in Child Care
8201 Greensboro Drive, Suite 600
McLean, VA 22102

ADA
(800) 366-1655

The **American Dietetic Association's National Center for Nutrition and Dietetics** offers a Consumer Nutrition Hotline at (800) 366-1655. Listen to a food and nutrition message, speak to a Registered Dietitian, or obtain a referral to a Registered Dietitian in your area. For more information, visit their website at www.eatright.org, or write to:

The American Dietetic Association
National Center for Nutrition and Dietetics
216 W. Jackson Blvd.
Chicago, IL 60606-6995

Other Resources

Contact your State administering agency for assistance in obtaining any of the following publications.

Building for the Future: Nutrition Guidance for the Child Nutrition Programs, USDA/Food and Nutrition Service, FNS-279, April, 1992.

Nutrition and Your Health: Dietary Guidelines for Americans, Fourth Edition, USDA/Department of Health and Human Services, 1995.

Making Healthy Food Choices, USDA/Human Nutrition Information Service, Home & Garden Bulletin No. 250, February 1993. (Spanish version, December 1994)

Food Buying Guide for Child Nutrition Programs, USDA/Food and Nutrition Service, PA-1331, Revised May 1990, Supplements added in 1993, 1995.

Food Guide Pyramid for Young Children 2 to 6 Years Old, the poster and booklet are available to the public on USDA's Center for Nutrition Policy and Program webpage at www.usda.gov/cnpp or through the Government Printing Office.

Tickle Your Appetite, USDA/Food and Nutrition Service, FCS-307, 1998.

What's in a Meal? USDA/Food and Nutrition Service, Midwest Region, Third Edition, January 1999.

CARE Connection, Colorado, Florida, Minnesota, Montana, North Carolina, Utah, and Washington, 1997.

Child Care Recipes: Food for Health and Fun, USDA/Food and Nutrition Service, FNS-304, 1999.

Food and Nutrition Service Regional Offices

Mid-Atlantic Regional Office

Mercer Corporate Park
300 Corporate Boulevard
Robbinsville, NJ 08691-1598

*Delaware, District of Columbia,
Maryland, New Jersey, Pennsylvania,
Puerto Rico, Virginia, Virgin Islands,
West Virginia*

Midwest Regional Office

77 West Jackson Boulevard
20th Floor
Chicago, IL 60604-3507

*Illinois, Indiana, Michigan,
Minnesota, Ohio, Wisconsin*

Mountain Plains Regional Office

1244 Speer Boulevard
Suite 903
Denver, CO 80204-3585

*Colorado, Iowa, Kansas, Missouri,
Montana, Nebraska, North Dakota,
South Dakota, Utah, Wyoming*

Northeast Regional Office

10 Causeway Street
Boston, MA 02222-1069

*Connecticut, Maine, Massachusetts,
New Hampshire, New York, Rhode Island,
Vermont*

Southeast Regional Office

77 Forsyth Street SW, Suite 112
Atlanta, GA 30303-3427

*Alabama, Florida, Georgia, Kentucky,
Mississippi, North Carolina, South Carolina,
Tennessee*

Southwest Regional Office

1100 Commerce Street
Room 5-C-30
Dallas, TX 75242-9980

*Arkansas, Louisiana, New Mexico,
Oklahoma, Texas*

Western Regional Office

550 Kearny Street
Room 400
San Francisco, CA 94108-2518

*Alaska, Arizona, California, Hawaii, Idaho,
Nevada, Oregon, Washington, Guam*