



Nourishing Healthy Eaters Information Sheet

Nourishing Healthy Eaters (NHE) in Early Care and Education (ECE) is a series of workshops that build knowledge on healthy eating behaviors and child nutrition. The NHE project uses a Train-the-Trainer (TtT) model to develop the capacity of training and technical assistance (T/TA) providers to facilitate workshops on nutrition best practices for infants and young children. The comprehensive training includes:

- Three evidence-informed presentations on child nutrition with speaker notes
- Implementation guide to support content delivery to ECE program staff
- Toolkit to support the delivery of Technical Assistance at the program level

Sessions can be used as stand-alone trainings or in sequence. The [Introductory Session](#) and [Nourishing Preschoolers](#) are available as free on-line modules.

Session 1 - Introductory Session

Concepts addressed include eating preferences and behaviors, healthy plates, portion sizes, mindful eating, nutrition labels, and the challenges faced with healthy eating.

Session 2 - Nourishing Infants and Toddlers

Content includes motor skill development related to eating, feeding cues, complimentary feeding, breastfeeding, the division of responsibility in feeding, and responsive feeding. Participants are challenged to select a practice related to nutrition they can add or strengthen in their work.

Session 3 - Nourishing Preschoolers

Participants explore milestones related to feeding and eating, accepting new foods, challenges to feeding/eating, division of responsibility in feeding, family style dining in ECE, challenges to healthy eating, and engaging with families. Participants are challenged to select a practice related to nutrition they can add or strengthen in their work.