



Hello Child Care Staff!

Are you looking for free continuing education you can do online at your own pace?

Have you heard about the *Put Child Care Wellness in Writing* course?

The course was developed by Keene State College and is offered by UNH Cooperative Extension to all child care staff, including teachers and cooks working at CACFP agencies.

*Put Child Care Wellness in Writing* is 1.5 hour training that provides information and strategies for anyone involved in the development of child care wellness policies. You'll learn about the elements that are required to be included in wellness policies and explore best practices in nutrition and physical activity that can help you create a school wellness policy to support health, growth, learning, and the development of lifelong healthy behaviors. The training is designed so that you can progress at your own pace, and you may log in and out of the training as needed.

To enroll in *Put Child Care Wellness in Writing*, go to the online Canvas Learning Management System at <https://canvas.instructure.com/enroll/MDB3K6>. The next step is to register and create an account in Canvas and then you will self-enroll. If you are new to Canvas, you will be asked for your email address, then check "I am a new user."

- Enter your name and click to agree to the terms of use.
- Click on the blue box marked "Enroll in Course."
- You will receive an email from Instructure Canvas. Click on the link in the email to finish the registration process. You will be taken to the Canvas website and asked to create a password for your account. You must complete this step so that you can get back into the course again after logging out. The link at the top of these instructions can only be used when you first go to Canvas to register for the course.
- Contact Lisa Richards at [lisadferr@comcast.net](mailto:lisadferr@comcast.net) if you have any questions or problems.

**Anyone who enrolls and completes the course by September 1, 2017,  
will receive a free packet of MyPlate nutrition materials.**