

In honor of the 2024 National Nutrition Month® theme, *Beyond the Table*

# BEYOND THE BABY'S HIGHCHAIR:

# IMPROVING INFANT AND TODDLER NUTRITION SECURITY

Webinar Resource Guide | Wednesday, March 20, 2024 | 1:00 pm ET

## National Association of County and City Health Officials (NACCHO)

NACCHO works alongside local communities in the United States to implement successful outcome-driven strategies to improve infant and toddler nutrition security. This webinar session showcased ongoing infant and toddler initiatives at the national and local level, the University of Nevada - Las Vegas/Early Nurturing Care for Food Security (EARN-FS) Initiative, the University of Nebraska - Extension program, the Apostle Group, as well as the community-driven co-creation process for developing culturally diverse recipes and nutrition education materials for the nation's diverse cultural and ethnic backgrounds in the United States.

## NACCHO Early Childhood Nutrition and Breastfeeding

[Click here to pre-register for a nutrition e-learning course!](#)

[Click here to view NACCHO resources!](#)

## Webinar Resources

- [Webinar slide deck](#) - will be uploaded to website
- [Webinar Recording](#)
- [Webinar presenter biographies](#)
- [Continuing education credits - take the evaluation!](#)

## Partner Resources - Nutrition Security

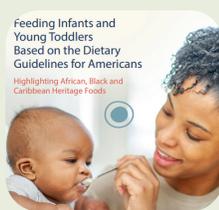
- [MyPlate National Strategic Partners](#)
- [Dietary Guidelines for Americans \(Chapter 2\)](#)
- [CDC - Infant and Toddler Nutrition](#)
- [CDC - Infant & Young Child Feeding in Emergencies Toolkit](#)
- [CDC - Tips to Help Your Picky Eater](#)
- [1,000 Days - Resource Hub](#)
- [1,000 Days - Nutrition Videos](#)
- [AAP - Nutritional Messaging Toolkit for Pregnancy to Age 2](#)
- [ASPHN - Transition Feeding Brief](#)
- [2023 NASEM Report - Complementary Feeding Interventions for Infants & Young Children Under Age 2](#)
- [USBC - Webinar on Breast Milk Substitutes and Complementary Foods Marketing in the United States: Launch of the 2024 Country Report](#)
- [OneOp - Professional Development Opportunities](#)



[Chinese & Vietnamese Heritage](#)



[Latine Heritage/ Spanish-Speaking](#)



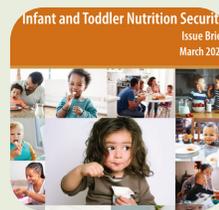
[African, Black, & Caribbean Heritage](#)



[CoC in Breastfeeding Support Blueprint](#)



[CoC Resource Library](#)



[Nutrition Brief](#)

## Presenter Resources

### The Apostle Group

- Contact - [Livleen Gill \(lgill@bnws.co\)](mailto:lgill@bnws.co)
- Webpage - [The Apostle Group](#)
- Webinar - [Recording of presentation](#)

[Click here to sign up for NACCHO's MCAH newsletter!](#)

### The University of Nebraska Extension

- Contact - [Emily Gratopp \(emily.gratopp@unl.edu\)](mailto:emily.gratopp@unl.edu)
- Contact - [Nilofar Saidi \(nilofar@lincolnasiancenter.org\)](mailto:nilofar.Saidi@lincolnasiancenter.org)
- Webpage - [UNL's Expanded Food and Nutrition Education Program](#)
- Webpage - [Asian Community & Cultural Center](#)

### The University of Nevada - Las Vegas

- Contact - [Gabriela Buccini \(gabriela.buccini@unlv.edu\)](mailto:gabriela.buccini@unlv.edu)
- Webpage - [The Early Responsive Nurturing Care for Food Security \(EARN-FS\) Initiative](#)
- Publication - [Association between household food insecurity and stunting in children aged 0-59 month](#)

## NACCHO's Current Grantees

### Bridging Breastfeeding Continuity of Care and Nutrition Security within the First 1,000 Days

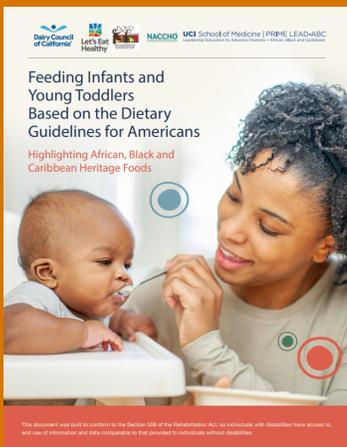
With support from the CDC Division of Nutrition, Physical Activity, and Obesity (DNPAO), NACCHO awarded nine (9) communities to improve infant and toddler nutrition security by implementing the Continuity of Care in Breastfeeding Support Blueprint and other strategies to advance local nutrition security during the first 1,000 days of a child's life.

For more information, visit [NACCHO's Continuity of Care in Breastfeeding Support website](#) to view the past and current implementations, successes, and lessons learned.

# Culturally Responsive Nutrition Education Materials for Infants and Toddlers

The first 1,000 days of life, the period from pregnancy through a child’s second birthday, represents a critical window for establishing healthy dietary patterns, fostering a responsive feeding environment, and helping to reduce the risk of chronic disease. During this period, human milk feeding and the introduction of culturally responsive and nutrient-dense age-appropriate complementary foods are key for optimal growth and development.

Through the *Reducing Breastfeeding Disparities through Continuity of Care*, NACCHO works to disseminate evidence-based nutrition recommendations for infants and toddlers, as outlined in Chapter 2 of the [Dietary Guidelines for Americans](#). In alignment with these recommendations, NACCHO co-created culturally diverse nutrition education materials for infants and toddlers in African, Black, and Caribbean (ABC), Spanish-speaking/Latine, and Chinese and Vietnamese families. These materials include educational handouts, social media toolkits, and resource directories.



## African, Black, & Caribbean (ABC) Communities

- **Educational handout** - View for dietary guidelines, nutrition tips, recipes, and resources.
- **Social media toolkit** - View for a variety of media graphics highlighting ABC heritage foods & nutritional recommendations.
- **Soulful Recipes** - View for healthy twists on family favorites to make eating healthy and being active a part of family habits.
- **Community Resource Directory**



## Chinese & Vietnamese Communities

- **Education handout** - View for dietary guidelines, nutrition tips, and resources, available in **English, Chinese, and Vietnamese**.
- **Social media toolkit** - View for a variety of media graphics highlighting Chinese & Vietnamese heritage foods and nutritional recommendations, available in **English, Chinese, and Vietnamese**.
- **Community Resource Directory**, available in **English, Chinese, and Vietnamese**.



## Latine/Spanish-Speaking Communities

- **Education handout** - View for dietary guidelines, nutrition tips, and resources, available in **English and Spanish**.
- **Social media toolkit** - View for a variety of media graphics highlighting Latine heritage foods and nutritional recommendations, available in **English and Spanish**.
- **Community Resource Directory**, available in Spanish.