

Health & Nutrition

The Health and Nutrition program at [BizNest at Children's Council](#) helps child care educators rethink their approach to children's physical activity and nutrition. Our program has two main components—Healthy Apple and the USDA Child Care Food Program—that are both FREE to all child care programs in San Francisco.



- [Healthy Apple](#) uses [research-based best practices](#) to coach educators through the process of meal planning, setting up their environment and infusing physical activity and nutrition awareness into their curriculum, policies and engagement with families.
- The [Child Care Food Program](#) complements that coaching with financial incentives to encourage child care educators to serve healthy meals and snacks.

With the support of these programs, you can create healthier spaces and help the children you care for and their families adopt healthier habits!

Learn more about how [Healthy Apple](#) operates, nutrition-focused [provider workshops](#), and enrolling in the [Child Care Food Program](#)