**Color Me Healthy** is a program designed for limited resource children ages four and five. It provides fun, innovative, interactive learning opportunities for physical activity and healthy eating. The program is designed to stimulate all of the senses of young children to teach them that healthy food and physical activity are fun!

The **Color Me Healthy** leader’s guide includes 14 lessons, providing caregivers quick, easy ideas that can be taught in a variety of ways. Also included are six imaginary trips that allow the children to use their imaginations to travel to different places and events. The leader’s guide provides materials for making the classroom colorful and lively. And because teachers are role models for children, there is a section in the leader’s guide on how the teacher can eat healthy and stay active.

**Color Me Healthy** reaches parents with a series of 14 newsletters that reinforce the messages the children are learning in the classroom. The newsletters provide information on healthy eating and physical activity. Each issue contains an after work healthy food idea and a “Kids Kitchen” segment that encourages parents to involve their children in food preparation.

The **Color Me Healthy** program is designed for use in family day-care homes, Head Start classrooms, and child care centers. Maryland Cooperative Extension educators will conduct trainings for day care providers. All materials are provided to teachers who have completed the training.

Contact your local Maryland Cooperative Extension Office for more information on **Color Me Healthy**.