

# Train Online!

Did you know you can learn more about developing healthy choices in child care online? See below for opportunities that also count toward OEC licensing professional development.



- CT Office of Early Childhood's (OEC) Early Childhood Professional Registry:
  - Create a FREE account at [www.ccacregistry.org](http://www.ccacregistry.org), once you log in, click on the online training tab on the left side of the page.
  - Account holders with confirmed employment in an early care and education program can directly access an entire online training library **free** of charge directly via your account. Completions are easy to track - they are automatically listed in your OEC Registry account.
  - Some training is available in English and Spanish!
  - Here is a sample of related courses offered through the OEC Registry:
    - Active Learning in Early Childhood (1 hour)
    - Fit for Life (2 hours)
    - Food Allergies in the Early Care Setting (1 hour)
    - Healthy Habits: Nutrition and Fitness Practices (1 hour)
    - Nutrition and Food Service in Early Learning Environments (2 hours)
    - Preventing Early Childhood Obesity (1 hour)
    - The Importance of Play in Early Childhood (2 hours)
    - The USDA's CACFP Nutrition Standards: Implications for licensed CT Child Care Centers and Group Homes (1 hour)
- Go NAPSACC:
  - The [Go NAPSACC website](#) has online tools and resources that help child care centers and families improve the nutrition and physical activity of children in their care.
    - Join Today! Complete this [survey monkey](#)
- The Institute of Child Nutrition: [theicn.org](http://theicn.org)
  - These **free** courses cover all nutrition topics and the basics of CACFP. They may count towards professional development, check with your credentialing body.
  - Here is a sample of related courses on the ICN website:
    - CACFP Child and Adult Meal Pattern Requirements (4 hours)
    - CACFP Infant Meal Pattern Requirements (4 hours)
    - CACFP Optional Best Practices (1 hour)
    - CARE Connection Step-by-Step Menu Planning (4 hours)
    - CARE Connection Serving Nutritious Foods in Child Care (2 hours)
    - Food Safety in Child Care (4 hours)