



Penn State Better Kid Care Distance Education Lesson

Obese Kids: They Are What They Eat

Professional Development Code K7C2
Child Development Associate CDA 1

Obese Kids: They Are What They Eat

Contents

- 1 Lesson Instructions
- 2 Important Information About This Lesson
- 3 Distance Education Lesson
Overview and Objectives
- 4 Lunch and Snack Planner
- 6 Choosing Whole Grains
- 7 Healthy Cereal Choices
- 9 Snack Cost Comparison
- 11 What Food Are You Serving to Children
- 13 Great Ideas for Snacks and Lunches
- 15 Parents Count
- 17 Discussion Questions

Assignments & Required Forms



Lesson Instructions

1. Watch the educational video.
2. Read the workbook.
 - Plan time each day to work on the lesson.
 - Set a goal to complete the lesson in about two weeks.
3. Complete all assignment pages and forms in ink. Save a copy of all completed work for your files in case there is a need to refer to your saved copy. We will not return incomplete lessons. You will be notified if lessons are incomplete.
4. We encourage the use of distance education lessons in staff meetings; however, all assignments need to be completed independently. Copied answers, "does not apply" answers, or incomplete assignments are considered not complete.
5. **To avoid delays in processing your registration for this professional development, be sure to go over the check list on the Registration Form, include all items, and mail to :**

Penn State Better Kid Care
Distance Education Program
341 North Science Park Road, Suite 208
State College, PA 16803

Please note:

- Two professional development hours will be given for successful completion of this lesson.
- Completed assignments will be checked and returned to you with a certificate of completion.
- Penn State University Better Kid Care Distance Education provides:
 - Continuing Education Units (CEUs)
 - Keystone STARS professional development
 - PA Dept. of Public Welfare required hours
 - Act 48 hours for certified educators
 - Child Development Associate (CDA) credential hours
- Completed assignments must arrive at the Penn State Better Kid Care office for processing at least **6 weeks** before your certification or registration renewal due date.
- The video portion of this lesson was a previous satellite broadcast. Please be aware that some contact information may have changed.
- Discussion questions are included in most lessons. They can be used by a group of staff members in a child care center or group home. They can also be used in planning a family night to help spark discussion among families.
- If you are completing this as a Web-based lesson, please refer to the online instructions at <http://www.betterkidcare.psu.edu/AngelUnits/GeneralDirections.html>



Obese Kids: They Are What They Eat

Important Information about This Lesson

The video portion of this distance education lesson involves working on handouts provided in the workbook. Be sure to have the handouts in the workbook ready to use. You will be encouraged to discuss your results in a group setting. If that is not possible, be thinking of how to apply what you are learning in your early learning program.

After you have viewed the video and gone through the exercise handouts, you are ready to begin your assignments. The assignments will involve your active participation as you apply the goals learned in the lesson.

Mail **only** your completed assignments (**not the handouts**) and required forms to the Better Kid Care office for review. See Registration Form for a check list of all required items.

Obese Kids: They Are What They Eat

Distance Education Lesson Overview

A lot of factors contribute to the childhood obesity epidemic that is claiming a higher number of children in this country every year. The distance education lesson “Obese Kids: They Are What They Eat” encourages child care professionals to examine the amount of active times that children are participating in each day and to take a look at what children are eating.

The grocery store shelves are filled with choice upon choice of many foods, some healthful, others not so healthful. It’s important for child care practitioners to understand that the mark of high quality care includes what children are eating while in care.

This lesson features several researchers discussing their findings related to childhood obesity issues, including the importance of breastfeeding as a first step to preventing childhood obesity, recognizing and respecting children’s fullness cues, the importance of fiber in children’s diets, and how watching TV during eating can prevent children from recognizing their fullness cues.

The majority of the handouts for this lesson are activity oriented. Research tells us that two big factors for the rising rate of obesity are the amount of sugar and low-fiber grains that people are consuming. Three of the activities will focus on reading food labels to make healthful choices.

Distance Education Lesson Objectives

- Participants will be able to describe two ways to support breastfeeding mothers.
- Participants will be able to explain the importance of choosing foods that are high in fiber and low in sugar content.
- Participants will be able to demonstrate how to choose whole grain foods.
- Participants will be able to demonstrate how to read food labels to select cereals and beverages that are lower in sugar content.
- Participants will be able to analyze the healthfulness of the meals and snacks they prepare and serve to children.



LUNCH AND SNACK PLANNER

*Numbers of servings and serving sizes listed are for children, ages 2 – 6 years.

Children need food from all the food groups each day to be healthy. An easy way to plan for a healthy lunch is to choose one item from each food group in the chart below to make a meal. Snacks should include items from two or three food groups on the chart.

Food	Tips	Choices	How Much?*
Grains	Choose whole grain foods for at least 1/2 of the grains eaten each day. Read food labels to look for foods made with whole grain flours. Look for whole grain cereals with less than 5 grams of sugar.	Bread, spaghetti, macaroni, noodles, corn, grits, rice, crackers, muffins, bagels, tortillas, cereal	6 ounces per day – divided in small portions 1 ounce would be: 1 slice of bread 1/2 cup spaghetti, macaroni, noodles, grits, or rice 5 small crackers 1/2 English muffin or bagel 1 small tortilla 1 cup dry cereal
Vegetables	Try to include at least one dark green vegetable or dark green leafy vegetable everyday. Include orange, red, or deep yellow vegetables several days a week.	Serve vegetables of all colors: Green – broccoli, asparagus, brussel sprouts, green beans, green cabbage, celery, cucumbers, spinach, leafy greens, green pepper, peas, zucchini White – cauliflower, mushrooms, parsnips, turnips, white potatoes Yellow/Orange – winter squash, carrots, yellow peppers, rutabagas, yellow summer squash, corn, sweet potatoes, yams, yellow tomatoes Red – beets, red cabbage, red peppers, radishes, tomatoes Blue/Purple – eggplant, purple peppers	2 1/2 cups per day – divided in small portions (1/4 to 1/2 cup at a time)



LUNCH AND SNACK PLANNER (CONTINUED)

Food	Tips	Choices	How Much?*
Fruits	Fresh, frozen, canned or dried fruits are good choices. Limit fruit juice to 1/2 cup of 100% juice per day. Fruits canned in juice or water don't have extra sugar and are better choices than those canned in heavy syrup.	Avocados, apples, grapes, melon, kiwi, pears, blueberries, blackberries, strawberries, raspberries, plums, figs, raisins, prunes, bananas, dates, peaches, nectarines, apricots, grapefruit, oranges, lemons, papayas, mangos, persimmons, pineapple, tangerines, cherries, cranberries, pomegranates	1 1/2 cups per day, divided in small portions (1/4 cup to 1/2 cup or a small piece or several slices of fresh fruit)
Milk	Children under two years old should receive breastmilk, iron fortified formula, or whole milk. After two years of age, children should receive fat free, skim, or 1% milk. Choose fat-free or low-fat cheese and yogurt.	Milk, cheese, yogurt	3 cups per day, divided in small portions Substitute the following for 1/2 cup milk: 1 ounce of cheese (about the size of a domino) 1 slice of cheese 1/2 cup of yogurt
Meat and beans	Choose lean meat, chicken, and turkey. Skip or limit breaded meats. Breading adds fat and calories. Choose lean turkey, roast beef, ham, or low-fat luncheon meats instead of meats with more fat, such as regular bologna or salami.	Meat, fish, poultry, eggs, tofu, dry beans, nuts, peanut or other nut butters	5 ounces per day, divided in small portions 1 ounce lean meat, chicken, turkey or fish is about 1/3 the size of a deck of cards 1 ounce would be: 1 egg 1 tablespoon peanut or other nut butters 1/4 cup cooked dry beans 1/4 cup tofu 1 slice lean sandwich meat

*Daily amounts and serving sizes are based on USDA MyPyramid recommendations for 2-to-6-year-old children.

Sources: www.MyPyramid.gov; www.5aday.com; www.pbskids.org

CHOOSING WHOLE GRAINS

Place a check by any of the following that you think are whole grain breads or crackers.

- _____ A. Golden Flax and Grains Bread®
- _____ B. Soft & Smooth made with Whole Grain White Premium Bread®
- _____ C. Wonder Classic bread®
- _____ D. 100% Whole Wheat bread®
- _____ E. Cheez-it crackers®
- _____ F. Triscuit crackers®

Following are lists of the main ingredients from each of the grain foods listed above. Read over the lists of ingredients. Write the letter of the name of the food on the blank line by its list of ingredients.

- _____ Enriched wheat flour, "B" vitamins (niacin, thiamine, mononitrate (Vit. B1), riboflavin (Vit. B2), folic acid, water, high fructose corn syrup or sugar, yeast.....
- _____ Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (Vit. B1), riboflavin (Vit. B2), folic acid, vegetable oil, skim milk, cheese, cheese cultures, salt, enzymes, annatto extract for color.....
- _____ Whole wheat flour, water, wheat gluten, high fructose corn syrup, wheat germ, yeast.....
- _____ Enriched unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (Vit. B1), riboflavin (Vit. B2), and folic acid (Vit. B9), water, oats, flaxseed, high fructose corn syrup, toasted sesame seeds, sunflower seeds, wheat gluten, brown sugar.....
- _____ Whole wheat, soybean oil, salt, monoglycerides
- _____ Enriched bleached flour, wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (Vit. B1), riboflavin (Vit. B2), folic acid, water, whole grains (whole wheat flour, brown rice flour) high fructose corn syrup, wheat gluten, yeast, cellulose, vegetable oil.....

HEALTHY CEREAL CHOICES

Rank these cereals from 1 to 5. 1 = best choice of cereal for children; 5 = poorest choice of cereal for children

- ___ A. Cheerios®
- ___ B. Low Fat Granola with raisins®
- ___ C. Smart Start Healthy Heart®
- ___ D. Wheat Chex®

Nutrition Facts

Amount Per Serving

Calories 230

Total Fat 3g

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Potassium 400mg

Total Carbohydrate 46g

Dietary Fiber 5g

Sugars 17g

Other Carbohydrate 24g

Protein 7g

INGREDIENTS: Oat bran, rice, sugar, oat clusters (sugar, toasted oats, rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey), wheat flakes, crisp rice (rice, sugar, malt, salt), corn syrup, polydextrose, honey, cinnamon, BHT, high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda.....

Nutrition Facts

Amount Per Serving

Calories 160

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg

Sodium 400mg

Potassium 180mg

Total Carbohydrate 38g

Dietary Fiber 5g

Sugars 5g

Other Carbohydrate 28g

Protein 5g

INGREDIENTS: Whole grain wheat, sugar, salt, calcium carbonate, barley malt extract, trisodium phosphate, BHT, iron and zinc.....

HEALTHY CEREAL CHOICES (CONTINUED)



Nutrition Facts	
Amount Per Serving	
Calories	200
Total Fat 3g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 110mg	
Potassium 220mg	
Total Carbohydrate 44g	
Dietary Fiber 4g	
Sugars 16g	
Other Carbohydrate 24g	
Protein 5g	

INGREDIENTS: Whole grain rolled oats, whole grain rolled wheat, brown sugar, raisins, corn syrup, rice, almonds, oat flour, partially hydrogenated soybean oil, whey, sugar, corn starch, cinnamon, nonfat dry milk, baking soda, barley malt syrup, salt, guar gum, natural flavorings.....



Nutrition Facts	
Amount Per Serving	
Calories	100
Total Fat 2g	
Saturated Fat 0g	
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	
Sodium 190mg	
Potassium 170mg	
Total Carbohydrate 20g	
Dietary Fiber 3g	
Sugars 1g	
Other Carbohydrate 16g	
Protein 3g	

INGREDIENTS: Whole grain oats, modified corn starch, sugar, oat bran, salt, calcium carbonate, oat fiber, tripotassium phosphate, corn starch, wheat starch, vitamin E.....



SNACK COST COMPARISON

Read the snacks below. Compare the costs for the snack in column A with those in column B. Check which snack you think will cost more.

Snack 1

A

2 baby carrots
2 (3-inch) celery sticks
2 cucumber slices
2 Tbsp. yogurt dip with herbs
Water

Cost per child _____

B

1 store-brand pudding cup
5 pretzel sticks
Water

Cost per child _____

_____ Which costs more? _____

Snack 2

A

1/4 cup pineapple chunks
1/4 cup whole-grain cereal pieces
1/2 cup low-fat milk

Cost per child _____

B

1/2 cup animal crackers
1/2 cup store-brand
100% juice blend

Cost per child _____

_____ Which costs more? _____

Snack 3

A

3 store-brand whole wheat crackers
1/2 slice low-fat cheese
Water

Cost per child _____

B

2 store-brand oatmeal cookies
1/2 cup store-brand applesauce
Water

Cost per child _____

_____ Which costs more? _____



SNACK COST COMPARISON (CONTINUED)

Snack 4

A

1/2 cup store brand
low-fat vanilla yogurt
4 banana slices
1Tbsp wheat nugget cereal
Water

Cost per child _____

B

1/2 cup store-brand cheese curls
1/2 cup store-brand
100% apple juice

Cost per child _____

_____ Which costs more? _____

Snack 5

A

1/2 slice whole grain bread
with apple butter
1/2 cup low-fat milk

Cost per child _____

B

12 Teddy Graham Crackers®
1/2 cup store-brand 100% juice

Cost per child _____

_____ Which costs more? _____



WHAT FOODS ARE YOU SERVING TO CHILDREN?

List 5 meals or snacks, which are planned and prepared by your child care and served to the children.

1. List foods served

Which food groups?

2. List foods served

Which food groups?



WHAT FOODS ARE YOU SERVING TO CHILDREN? (CONTINUED)

3. List foods served

Which food groups?

4. List foods served

Which food groups?

5. List foods served

Which food groups?

GREAT IDEAS FOR SNACKS AND LUNCHES

• 5-A-Day for Better Health Recipes

Recipes that promote fruit and vegetables, are low in fat and cholesterol, use whole grains, and use little salt and sugar

<http://www.5aday.gov/>

• 5-A-Day Fruit and Vegetable of the Month

Each month a fruit and vegetable are featured with nutritional information, tips on how to prepare them and great tasting recipes.

<http://www.5aday.gov/month/index.html>

• 101+ Snack Ideas

A booklet of snack ideas and monthly snack recipes.

<http://www.betterkidcare.psu.edu>

(click on caregivers, then scroll down to Resources for Taking Care of Kids)

• After School Snack: Cycle Menus

Two four-week cycle menus that help providers start serving healthy snacks that children will enjoy <http://www.fns.usda.gov/cnd/menu/cyclemenu.htm>

• Afterschool Snacks: A Food and Nutrition Resource List for Child Care Providers

Resources for planning, preparing, or serving after-school snacks to young children under the Child and Adult Care Food Program (CACFP)

<http://www.nal.usda.gov/fnic/pubs/resource99.html>

• Building Blocks for Fun and Healthy Meals

Information about the Child and Adult Care Food Program (CACFP) meal requirements, advice on how to serve high-quality meals and snacks, menu planning, nutrition education ideas and tips, and much more

<http://www.fns.usda.gov/tn/Resources/buildingblocks.html>

• Child and Adult Care Food Program

Information about the program and nutrition education.

<http://www.fns.usda.gov/cnd/Care/Publications/centerrecipes.htm>

GREAT IDEAS FOR SNACKS AND LUNCHES

• Child Care Recipes

Recipes for great tasting, nutritious meals that young children will love

http://www.healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1

• Kidnetic

Interactive Web site featuring healthy recipes, fun games, information about how your body works and information for parents

<http://www.kidnetic.com/>

• Kids' Health en Español para Niños

Recetas para niños organizadas en forma de lista por necesidades alimenticias especiales

http://www.kidshealth.org/kid/en_espanol/index.html

• Kids' Health for Kids

Recipes for kids organized and listed by special dietary needs

<http://www.kidshealth.org/kid/recipes/index.html>

• Menu Magic for Children: Menu Planning Guide for Child Care Homes

Information about the Child and Adult Care Food Program (CACFP) Meal Pattern requirements, serving quality meals and snacks, and tips on menu planning and grocery shopping

<http://www.fns.usda.gov/tn/Resources/menumagic.html>

• Special Diets

Information on preparing foods for people on special diets, including diabetes, food allergies, religious and cultural food preferences, and other special food needs.

http://www.healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=232



PARENTS COUNT

PRactical TIPS FOR PARENTS



Are you doing your job?

The job of feeding children can be hard. Children can be fussy and refuse the food we've worked hard to prepare. They often prefer junk food to more nutritious options. Too many children today are gaining too much weight.

What is a parent to do? In teaching children to be healthy eaters, be clear about your own responsibilities and the role of your child. The clearer you make this division, the healthier the eating habits of your family. Your job is to plan and prepare balanced meals and healthy snacks for your family, using a wide variety of foods. Avoid asking your child what she would like to eat for each meal. This can turn you into a short-order cook, making a separate meal for each family member. You also decide when to serve food. It is best if food is served at regular times. It helps if you have some easy meals in mind for those times when you are tired or busy. If you have frozen food in the freezer or quick menu items such as eggs, you'll be ready for those times.

The child's job is to eat what his body needs. A good eater is not one who eats everything in front of him: Instead, a good eater is one who eats when he is hungry and who listens to his body about what foods (out of the ones that you have served) he needs to eat. While it's tempting to encourage children to eat just one more bite after we have worked so hard to make the food, doing

this makes it hard for a child to listen to her body signals about how much to eat. Trust that a truly hungry child will eat. It doesn't make you a bad parent if your child isn't hungry and doesn't want to eat dinner tonight.

Portion Size

Nutritionists tell us we have an obesity epidemic in our country. One of the problems is an unrealistic idea of appropriate portion size. Our restaurants are offering larger portion sizes and even supersizing the portions.

Most Americans serve children portion sizes that are too large. This can be overwhelming and can encourage overeating. For children under the age of five, a rough portion size is a tablespoon per age. So, a portion of peas for a one-year-old is one tablespoon. Start with a small plate for your child and offer small portions of each of the foods that are on your menu. This gives you a chance to save the leftovers and can help your child get used to a new food without so much waste.

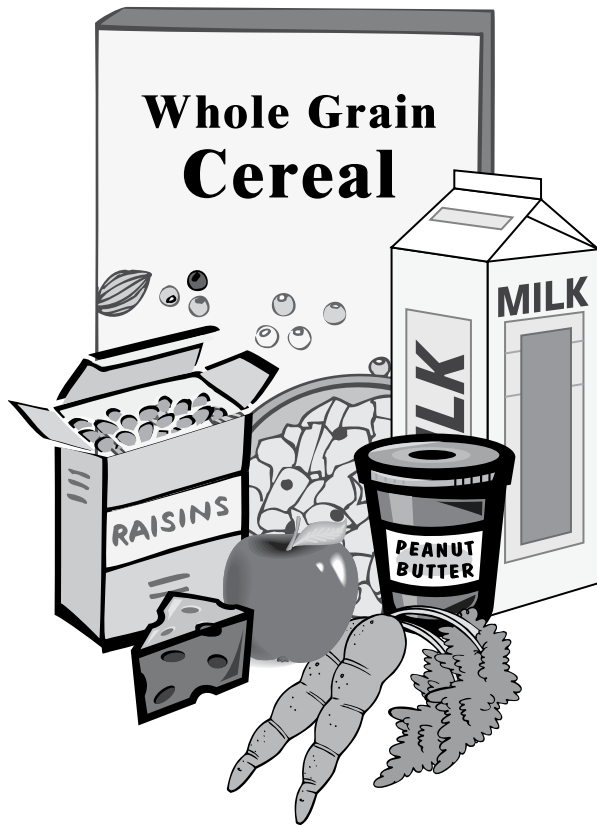
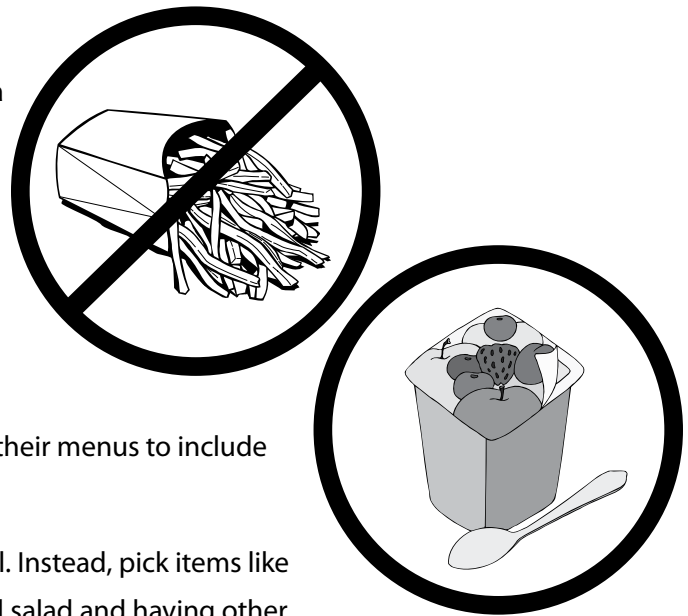
When a child has a favorite food at your meal, offer it in a reasonable portion size and make sure you offer other foods as well. Sometimes we accidentally encourage children to eat only a limited number of foods by offering their favorites in large portion sizes, which reduces their appetite for other foods.

Fast food control

Fast food is a great convenience for busy parents, but a meal at a fast food restaurant can have all the calories that you and your child would need for an entire day! How can you make better choices for yourself and your children at fast food restaurants?

Newer choices are becoming available at fast food restaurants. Some are offering children's menus with a choice between fruit or fries. Others have expanded their menus to include yogurt and fruit as well as salads.

It is often recommended to not buy the children's meal. Instead, pick items like sandwiches and salads. Consider starting with a shared salad and having other menu items afterwards. Offer to share a portion of fries with your children so that they can enjoy them at a more reasonable portion size. Children don't need all the extra sugar in soda. Pass on the soda and order milk or water instead.



The importance of snacks

Because young children have little tummies, they can't just eat three meals a day. They need snacks to get all the calories they need in one day, and to meet their nutritional needs. Snacks should not just be empty calories.

Snacks are a great time to help children get their needed fruits and vegetables. Vegetables and dip or fruit and cheese make great snacks that are simple to prepare. Pre-packaged snacks are often high in salt and fat. Use these foods sparingly rather than regularly. Offer snacks at a regular time to make sure your child does not get too hungry. Take snacks with you when you are on the go, so you keep little tummies filled and children happy.

PENNSTATE



College of Agricultural Sciences
Cooperative Extension

Supported and produced with funds from the Office of Child Development and Early Learning, a joint office of the Pennsylvania Departments of Education and Public Welfare and the Penn State Cooperative Extension Better Kid Care Program.

This publication is available in alternative media on request.

Penn State is committed to affirmative action, equal opportunity and the diversity of its work force.

Developed by the Penn State Better Kid Care Program
253 Easterly Parkway, State College, PA 16801 • Phone: 800-452-9108 • Web site: www.betterkidcare.psu.edu.

Claudia C. Mincemoyer, Ph.D., Better Kid Care Program Director • Lyn Horning, Assistant Director of Programs

Discussion Questions

1. Discuss the problems that are created by obesity for children.
2. Discuss what is under your control to prevent obesity.
3. Discuss ways that you can support breastfeeding mothers.
4. Discuss ways to select healthful carbohydrates for the children in your care.
5. What surprises are to be found when you read food labels carefully?
6. Do you think you could improve the healthfulness of meals and snacks for the children in your child care?
7. Discuss the problem of portion size and what you can do to help.
8. There is a surprising amount of sugar in beverages. Discuss the problem of beverages.
9. Discuss ways to help children be in tune with their fullness cues.
10. Discuss the healthier ways you could celebrate birthdays and holidays.



Assignments

Name
Address
City/State/ZIP
County
Phone Number

BKC OFFICE USE ONLY

1. Do a snack makeover. Select three snacks that you regularly serve to the children and plan a healthier choice that is whole grain, lower in sugar, and represents three food groups.

Snack Makeover #1 (tell us about the snack you regularly serve and how you made it healthier)

Snack Makeover #2 (tell us about the snack you regularly serve and how you made it healthier)

Snack Makeover #3 (tell us about the snack you regularly serve and how you made it healthier)

2. Take out several packages of the foods that you serve the children. Read the labels carefully. What did you learn?

Why is reading the label carefully so important?



Assignments (continued)

Name

3. Decide on a snack or meal that you could involve the kids in preparing. What is it?

How can you involve the children in learning about the nutritional value of this snack or meal and how will the children help you prepare it?

Why is this activity valuable?

4. Observe three children in your child care as they are eating. What did they do to show that they were full?

Child One _____

Child Two _____

Child Three _____



Assignments (continued)

Name

5. List three ideas you learned in this distance education lesson, "Obese Kids: They Are What They Eat."

- 1. _____
- 2. _____
- 3. _____

6. Based on what you learned in this lesson, what changes would you like to make in the selection, preparation, or serving of foods in your child care?



Tell Us More About You...

Since we can't meet face to face, we are interested in knowing more about you. This information is very helpful to the early education specialists who review your assignments. Please return this sheet with your assignment pages.

1. Which of the following best describes you?

- I provide child care in my own home
- I provide child care in someone else's home
- I work in a child care center
- I'm thinking about becoming a child care professional
- Other, please describe

2. How long have you been a child care professional? _____

3. What are the ages of the children in your care? Check all that apply.

- Birth to 12 months
- 13-24 months
- 25-36 months
- 3 years
- 4-5 years
- 6-8 years
- 9 years and over
- Special needs

4. Please feel free to tell us a little about yourself and/or the work you do with children.

5. Other comments (please use the back of this page if necessary).

**Thank you for taking the time to help us make a connection to you
and for being part of our program!**



Claudia C. Mincemoyer, Ph.D.
Program Director

Lyn Horning
Assistant Program Director

Patricia Wells
Assistant Director Distance Education

Web site: www.betterkidcare.psu.edu

Supported and produced with funds from the Office of Child Development and Early Learning, a joint office of the Pennsylvania Departments of Education and Public Welfare and the Penn State Cooperative Extension Better Kid Care Program.

PENNSTATE



College of Agricultural Sciences
Cooperative Extension

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, gender identity or veteran status. Discrimination or harassment against faculty, staff or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-2801, Tel (814) 865-4700/V, (814) 863-1150/TTY.

Copyright © 2010 The Pennsylvania State University