# Peer Learning Meeting 2: Menus, Labels, and Moving!

Early Childhood Health Promotion and Obesity Prevention

National Early Care and Education Learning Collaboratives (ECELC) Project

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## Acknowledgements

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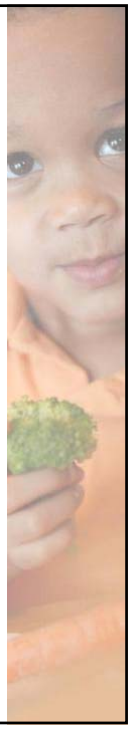

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# Menu Analysis Activity

**Healthy Eating Menu Activity – Sample**

**Sample Weekly Menu (for Children)**

**ACTIVITY SHEET ONLY!!***

| Week | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **BREAKFAST** | | | | | |
| Milk | 1% or Fat-free Milk | 1% or Fat-free Milk | Whole Milk | 1% or Fat-free Milk | 1% or Fat-free Milk |
| Fruits/Vegetables | Orange Juice | Banana Slices | Cantaloupe | Strawberries | Peaches |
| Grains/Breads | *Kix*® | Donuts | *Wheaties*® | White Toast | *Cheerios*® |
| Meats/Meat Alternates (optional) | Yogurt | Cottage Cheese | Scrambled Egg | Cottage Cheese | Yogurt |
| **LUNCH** | | | | | |
| Milk | 1% or Fat-free Milk | 1% or Fat-free Milk | 1% or Fat-free Milk | 1% or Fat-free Milk | 1% or Fat-free Milk |
| Fruits/Vegetables (serve 2) | Applesauce<br>Green Beans | Salad<br>French Fries | Pears | Mixed Fruit<br>Broccoli | Apple Slices<br>Cucumber slices |
| Grains/Breads | Whole Grain Dinner Roll | Whole Grain Hot Dog Roll | Rice | White Bread | *Velveeta*® Macaroni and Cheese |
| Meats/Meat Alternates | Baked Turkey Breast | Hot Dog | Fish Sticks | Bologna & Cheese | Baked Chicken Breast |
| **SNACK** | | | | | |
| Milk | — | — | — | — | — |
| Fruits/Vegetables | Apple Juice | Blueberries | Watermelon | Cucumbers | Pineapple |
| Grains/Breads | Mini Whole Grain Rice Cakes | — | — | Crackers | — |
| Meats/Meat Alternates | — | Yogurt | Real String Cheese | — | Cottage Cheese |
| Beverage | Water | Water | Water | Water | Water |

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# Each Type of Menu Improvement Can Be a Goal!

- Increasing whole grains
- Reducing processed meats (hot dogs, bologna, bacon, sausage)
- Reducing processed cheese food or cheese product
- Reducing fried and pre-fried food
- Increasing total daily or weekly servings of vegetables
- Reducing or eliminating juice
- Reducing total daily or weekly servings of processed foods
- Reducing servings of high fat, high salt crackers such as Goldfish, Ritz crackers, etc.
- Reducing sugar or salt

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# What is processed food?

- **Food processing**

is the transformation of raw ingredients, by physical or chemical means into food, or of food into other forms. Food processing combines
raw food ingredients to produce marketable food products that can be easily prepared and served by the consumer.

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# Michael Pollan explains processed food…

- https://www.youtube.com/watch?v=Kvbjx7qOwBE

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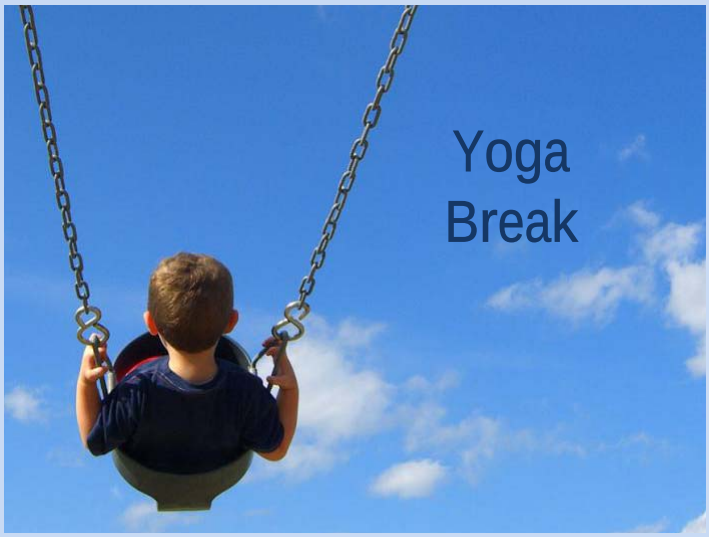


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# Reading and Comparing Labels

- How do you want to improve your menu? Pick one or two areas of focus.
- Look over the food items in each grouping and rank them from best to worst based on your chosen criteria first, and then based on your general knowledge of nutrition.
- Which items would be healthiest based on information in Best Practices for Healthy Eating from Nemours?

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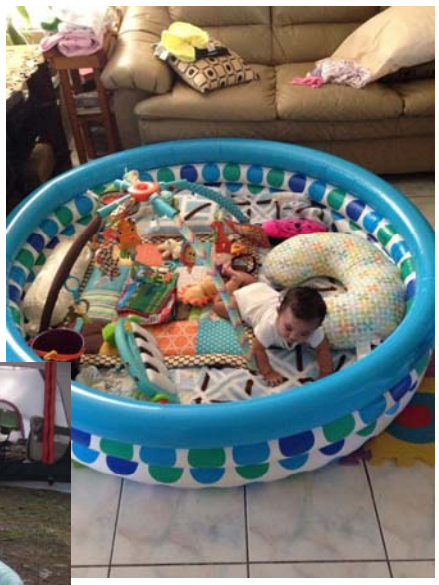
www.pinkoatmeal.com
WATER PLAY
For Baby

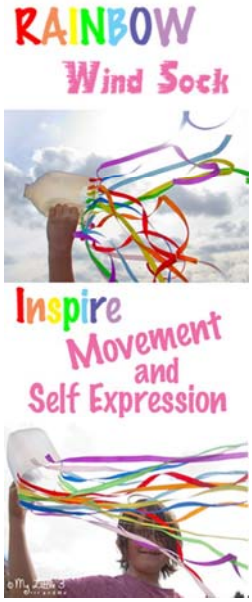


L is for lines
Teach Pre

handsonashegrow.com

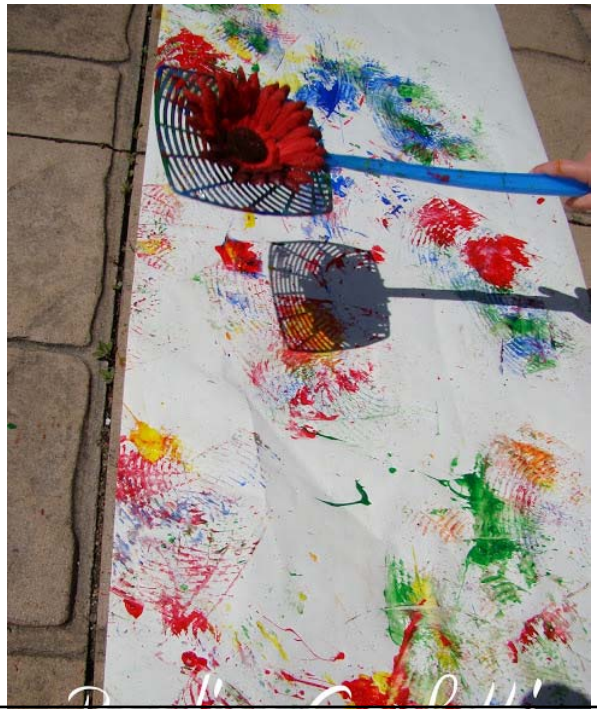
MERMAID TAILS
theinspiredtreehouse.com

toddler
APPROVED


RAINBOW
Wind Sock
Inspire
Movement
and
Self Expression

HANDS ON
as we grow

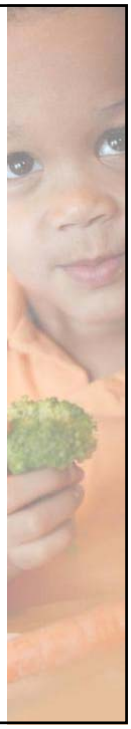
Fish Flop
Painting



SLIDE PAINTING
with BALLS
Art to get kids moving

# The Family Conservancy's Pinterest Page!

https://www.pinterest.com/ccaattfc/



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# Creating a Storyboard

- **Programs will express their story of change by:**
  - Describing what change(s) were made and how they did it
  - Sharing who was involved in the process
  - Explaining accomplishments and challenges faced
  - Sharing photos of the implementation process
  - Describing how participants reacted to the change(s)
  - Outlining any program policies that were updated as a result
  - Explaining the next steps they will take to sustain the change(s)

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