



# National Early Care & Education Learning Collaboratives:

## Taking Steps to Healthy Success

Learning Session 2: Family Child Care Edition

Participant Handbook

September 2018



*Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a six-year Cooperative Agreement (6U58DP004102-05-02) to support states in launching ECE learning collaboratives focused on obesity prevention. Funding for these materials and learning sessions was made possible by the CDC. The views expressed in written materials or publications, or by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*

## Welcome to the Collaborative

# Welcome to *Taking Steps to Healthy Success*

An Early Care and Education Learning Collaborative (ECELC) to Promote Healthy Practices

Your Name:

Program:

My Contact for Technical Assistance:

Nemours and its dedicated partners welcome you to the National Early Care and Education Learning Collaboratives (ECELC) Project! Nemours developed the model to support child care providers' efforts to help young children grow up healthy and tested it with large early care and education programs in Delaware. We are excited to see it in action in your state!

Thanks to the commitment and generous funding from the Centers for Disease Control and Prevention (CDC), we are able to work together to adapt this powerful model for healthy change to meet the unique needs of your state. We are excited to support your work to create a healthier environment in your early care and education program for your children, your families and your program staff.

A collaborative is a community of learners that will connect you with others engaged in making healthy change. It will offer learning opportunities, increase knowledge, create networks of support, and equip you to engage your staff in the process of making healthy changes. Over one year, the Collaborative will meet five times, with technical assistance visits scheduled between sessions to provide information, an opportunity to share experiences, and a forum for raising questions.

This toolkit is your guide to making change. It contains resources, tools and information to help you make the best practice and policy decisions for your program. Video training and materials will help staff and families understand the importance of making healthy changes and give them the tools to support your work. Small group work with a Trainer, and opportunities to share challenges and successes with others going through the process of change will give you a network to rely on for support, information and ideas.

This is a working toolkit that we will add to at each session. We hope you find the Learning Session materials useful. Thank you for joining us in this exciting work to help kids grow up healthy!



## Helpful Contacts:

Project Coordinator: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

ECELC Trainer: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

ECELC Trainer: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

# Acknowledgements

Nemours gratefully acknowledges the valuable contributions of a wide variety of stakeholders committed to supporting children’s health and optimal development. We thank you all for helping to make our dream a reality.

Thanks to generous funding support from the **Centers for Disease Control and Prevention (CDC)**, we are able to work collaboratively with states to adapt the model to meet their unique needs. We welcome the opportunity to collaborate and learn with leaders and providers in participating states.

On behalf of the early care and education providers who will participate in the ECELC, and the children and families they serve, we thank our partners in this effort:

**Child Care Aware® of America**

**National Initiative for Children’s Healthcare Quality**

**Gretchen Swanson Center for Nutrition**

**American Academy of Pediatrics**

**National Association of Family Child Care American**

**Heart Association, Dr. Mary Story**  
(University of Minnesota)

**Dr. Dianne Ward** (University of North Carolina)

**National Resource Center for Health and Safety in Child Care and Early Education**

**American Public Human Services Association**

**Association of State & Territorial Public Health Nutrition Directors**

**United States Breastfeeding Committee**

**Zero to Three**

Special thanks to our **Delaware Child Care Collaborative participants**, who helped us develop, test and refine our original model. We learned so much from them, their children and families. Their commitment to promoting healthy eating and physical activity, their willingness to learn, their courage to change and their generosity in sharing their experiences continue to inspire us.

We are grateful to the **Delaware Institute for Excellence in Early Childhood at the University of Delaware (DIEEC)**, our partner in implementing the second cohort of the Child Care Learning Collaboratives in Delaware, for their inspired collaboration.

The contribution of **Elizabeth Walker**, who guided the first collaborative in Delaware, is beyond measure. We are grateful to Elizabeth for sharing her vision, anchoring the collaborative in science and inspiring us all to change.

We thank the following individuals and organizations who contributed their expertise, materials and time to ensure success as we worked together to develop an empowering model for quality improvement in support of children’s health in child care settings:

**Child Care Exchange and Videoactive Productions:**  
Roger Neugebauer and Dan Huber

**Delaware Child and Adult Care Food Program (CACFP):** Beth Wetherbee and David Bowman

**Delaware Office of Child Care Licensing:** Patti Quinn

**I am Moving, I am Learning:** Linda Carson

**Parent Services Project**

**Sesame Workshop**

**Strengthening Families**





# Definitions

|   |   |
|---|---|
| <b>Action Period</b>  | The period after each in-person Learning Session to share information, support discovery learning and engage staff (when applicable), in a particular task: program assessment, action planning, implementation of the action plan, and/or documentation of the process.  |
| <b>Center</b>   | Refers to a physical place where a program is offered.  |
| <b>Early Care and Education (ECE)</b>   | A field, sector or industry that includes nurturing care and learning experiences for children from birth to age 5.   |
| <b>Early Care and Education Program</b>   | An intervention or service that has a design, staff, a curriculum or approach and a funding source that serves children from birth to age 5.  |
| <b>Early Care and Education Program Leadership Team</b>   | Up to 3 people (e.g., owner/director, lead teacher, food service personnel) self-defined by each ECE program to attend the 5 in-person Learning Sessions and facilitate the corresponding Action Period with their program staff.   |
| <b>Early Childhood</b>  | A developmental period of time, typically birth to age 6.   |
| <b>Facilitator</b>  | Designated person or people from the Leadership Team to lead the Action Period component with their ECE program staff.  |
| <b>Family Child Care (FCC)</b>  | An intervention or service that is provided in a caregiver's home that typically serves children birth to school-age.   |
| <b>Family Child Care Home</b>   | Refers to a physical place where a FCC program is offered.  |
| <b>Family Child Care Provider (FCC Provider)</b>  | A caregiver that provides childcare services in their home.   |
| <b><i>Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)</i></b>        | A self-assessment instrument for early care and education programs comparing their current practices with a set of best practices.  |
| <b><i>Nutrition and Physical Activity Self-Assessment for Family Child Care (Go NAP SACC)</i></b> | A self-assessment instrument for family child care homes comparing their current practices with a set of best practices.  |
| <b>Learning Collaborative</b>   | A learning community made up of approximately 20-25 ECE programs or FCC homes to increase their knowledge, create networks of support, and equip programs to work together to make healthy policy and practice changes aligned with Healthy Kids, Healthy Future.   |
| <b>Learning Session</b>   | Five in-person, active Learning Sessions focused on the relationship of nutrition, breastfeeding support, physical activity, and screen time to children's health also provide opportunities to build collegial relationships, develop leadership, increase collaboration, plan for and implement healthy change. |
| <b>Healthy Kids, Healthy Future (HKHF)</b>  | Formerly known as <i>Let's Move!</i> Child Care (LMCC), Healthy Kids, Healthy Future gives early care and education providers the tools to help children get a healthy start.   |
| <b>National Early Care and Education Learning Collaboratives Project (ECELC)</b>                  | Name of this project funded by the Centers for Disease Control and Prevention and managed by Nemours to support ECE programs as they improve their practices and policies for nutrition, breastfeeding support, physical activity, and screen time.   |
| <b>Program</b>  | An intervention or service that has a design, staff, curriculum or approach, and a funding source.  |
| <b>Resources</b>  | The tools, materials, and resources aligning with Healthy Kids, Healthy Future Child Care and the Preventing Childhood Obesity, 3rd Edition standards that are available to participating ECE programs and FCC providers as they implement the ECELC.   |
| <b>State Implementing Partner</b>   | An agency/organization subcontracted with Nemours to handle the administration of the ECELC in a particular state.  |

## Definitions

|   |  |
|---|--|
| <b>State Project Coordinator (Project Coordinator/PC)</b> | Administers the ECELC and provides overall coordination of the Learning Collaborative logistics in the state, with leadership responsibility for technical support, communication efforts, recruitment and support of Trainers and participating programs and providers.                                 |
| <b>Taking Steps to Healthy Success (Curriculum)</b>       | ECELC curriculum, structured around 5 in-person learning sessions for Leadership Teams or FCC Providers and on-site Action Period sessions to engage all program staff, designed to guide Leadership Teams and their programs through the process of making healthy changes aligned with best practices. |
| <b>Teacher</b>  | An individual responsible for the primary education of a group of children.  |
| <b>Technical Assistance (TA)</b>                          | Encouragement, support, information and resources provided by the Trainer(s) to help Leadership Teams facilitate training of program staff and develop and implement action plans for healthy change.  |
| <b>Trainer(s)</b>   | Individuals responsible for implementing 5 on-site Learning Collaborative sessions and providing ongoing technical assistance to participating ECE programs.   |



## Learning Session 2: Materials

# Learning Session 2: Nurturing Healthy Eaters & Providing Healthy Beverages

## Overview

Learning Session 2 provides a rationale for the role family child care (FCC) providers play in helping make healthy changes. It explains healthy eating best practices in the family child care home. The session focuses on increasing knowledge and awareness of healthy practices and their impact on young children. During this session, providers are expected to increase their knowledge, awareness and motivation to work towards healthy change.

Key content includes:

- The importance of healthy environments to support healthy children;
- Best practices for healthy eating;
- Beginning the process of healthy change through an Action Plan;
- Developing objectives and action steps to support children and families; and
- Ways to support healthy eating through family engagement, and policies.



## Post-session

The family child care provider will utilize the *Provider Guide* to:

- Implement steps identified in the “Child” and “Family” columns of the *Action Plan Worksheet*; and
- Start a storyboard to document goals and healthy changes made from Learning Session 2 through Learning Session 5.

# Sample Agenda

## Objectives

At the end of the Learning Session, participants will be able:

1. Describe best practices for healthy eating and identify change opportunities within their program;
2. Start creating an Action Plan and implement one or two changes in the area(s) of healthy eating, physical activity, screen time, and/or breastfeeding support; and
3. Start creating a storyboard to document and communicate the process of healthy change.

| Learning Session 2: Nurturing Healthy Eaters and Providing Healthy Beverages |   |
|--|---|
| Time   | Topic   |
| 8:30 – 9:00 am   | Check-In  |
| 9:00 – 10:15 am  | Welcome Back<br><b>Learning Session 1 Action Period</b> <ul style="list-style-type: none"> <li>• Technical Assistance Groups</li> </ul> <b>PPT Part A: Best Practices for Healthy Eating</b> <ul style="list-style-type: none"> <li>• <b>Physical Activity Break:</b> Drink More Water</li> <li>• <b>Activity:</b> Sugar Sweetened Beverages</li> <li>• <b>Activity:</b> Menu Analysis</li> </ul> |
| 10:15 – 10:45 am   | <b>PPT Part B: Healthy Environments</b> <ul style="list-style-type: none"> <li>• <b>Video:</b> Role Modeling: Effective Mealtime Strategies</li> </ul>  |
| 10:45 – 11:00 am   | <i><b>Physical Activity Break</b></i>   |
| 11:00 – 11:30 am   | <b>PPT Part C: Cost-Effective Shopping</b> <ul style="list-style-type: none"> <li>• <b>Discussion:</b> <i>Does buying in bulk really save you money?</i></li> <li>• <b>Activity:</b> Convenience Foods</li> </ul>   |
| 11:30 am – 12:30 pm  | <b>PPT Part D: Facilitating Change in Your Program</b> <ul style="list-style-type: none"> <li>• <b>Technical Assistance Groups:</b> Refer to the Learning Session 2 Participant Handbook</li> </ul>   |
| 12:30 – 12:45 pm   | <b>PPT Part E: Extending Your Learning: The Provider, Families and Program Policies</b>   |
| 12:45 – 1:00 pm  | Check-Out   |



## Learning Session 2: Nurturing Healthy Eaters & Providing Healthy Beverages



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Early Childhood Health Promotion  
and Obesity Prevention

National Early Care and Education  
Learning Collaboratives (ECELC)  
Project

## Acknowledgements

A special thank you to:

- **Centers for Disease Control and Prevention (CDC)**
  - For generous funding support and expertise
- **Nemours**
  - For their expertise, materials, support, and time spent on the project's implementation
- **Gretchen Swanson Center for Nutrition**
  - For the evaluation component of this national effort





## Learning Session 2 Objectives

**At the end of the Learning Session, providers will be able to:**

1. Describe best practices for healthy eating and identify change opportunities within their program.
2. Start creating an Action Plan to implement one or two changes in the area(s) of healthy eating, physical activity, screen time, and/or breastfeeding support.
3. Start creating a storyboard to document and communicate the process of healthy change.



## LS1 Action Period



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## Part A: Best Practices for Healthy Eating



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## ABC's of a Healthy Me

**A**ctive play

**B**reastfeeding

**C**ut down on screen time

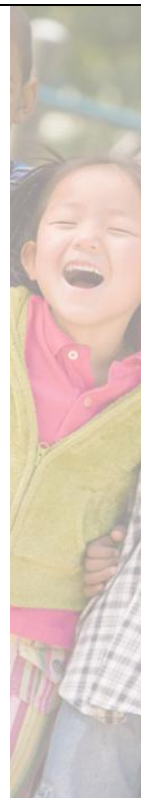
**D**rink milk and water

**E**at healthy foods

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## YOU are the key to helping kids grow up healthy!

- As a provider, you have a strong influence on the foods and beverages children consume
  - Keep your influence on foods and beverages positive
  - Encourage consumption of healthy foods
- Food preferences develop early
  - Help children develop a preference for healthy foods like fruits and vegetables

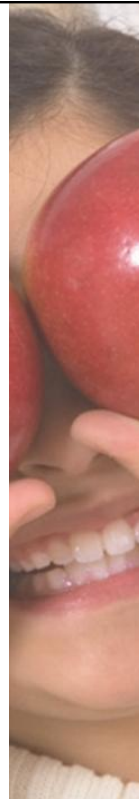


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## Considerations for Healthy Eating

- **Food groups**
- **Variety within food group**
  - Example: rotate protein source with beans, fish, poultry, red meat, etc.
- **How often to serve certain foods (over the course of a week)**
- **Healthier options for preparing food**
  - Example: baked vs. fried
- **Portion sizes**



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## Food Groups

- All meals for toddlers and preschoolers (and adults!) should include the five food groups shown in the **ChooseMyPlate** image:
  - **Fruits** – a colorful variety of whole or bite-sized fruits is best
  - **Vegetables** – especially red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli
  - **Grains** – at least half should be whole grains
  - **Dairy** – fluid milk and foods made from milk retain their calcium content (e.g., yogurt most cheeses)
  - **Proteins** – choose a variety, such as beans, peas, eggs, nuts, seeds, fish, poultry, and lean meats



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## Background Information

- **Dietary Guidelines for Americans**
  - Updated every 5 years
    - The latest version, *2015-2020 Dietary Guidelines for Americans*, was released in December 2015
  - Developed for individuals age 2 and older
  - Provides advice on how to maintain a healthy weight, reduce chronic disease, and maintain overall good health
- **Child and Adult Care Food Program (CACFP)**
  - Used in FCC settings
  - Provides guidance for meal patterns and serving sizes
  - New CACFP meal patterns were released April 25, 2016
    - Now aligns with the *Dietary Guidelines for Americans*
    - As of October 1, 2017, participating programs must follow the new meal patterns

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## CACFP Meal Components

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>▪ <b>Milk (fluid)</b></li><li>▪ <b>Fruits*</b></li><li>▪ <b>Vegetables*</b></li><li>▪ <b>Grains</b><ul style="list-style-type: none"><li>– Rice</li><li>– Bread</li><li>– Pasta</li></ul></li></ul> | <ul style="list-style-type: none"><li>▪ <b>Meat and meat alternatives</b><ul style="list-style-type: none"><li>– Meat (example: chicken, turkey, fish, beef, etc.)</li><li>– Eggs</li><li>– Cheese</li><li>– Beans</li><li>– Yogurt</li><li>– Nuts and nut butters</li></ul></li></ul> |
|---|--|

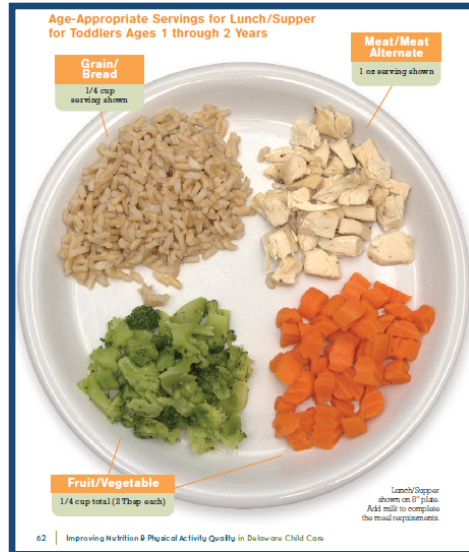
\*The new CACFP meal patterns separate fruits and vegetables into their own components. This encourages a greater variety of fruits and vegetables be served at mealtime. To encourage children to eat more vegetables at mealtime, two different vegetables can also be served instead of one fruit and one vegetable.

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## CACFP Serving Sizes

- Use CACFP recommended serving for each age group
- If children are still hungry, allow them more food:
  - Encourage them to check in with their tummy (hunger cues)
  - Encourage fruits and vegetables first
- Serving sizes are a minimum, not maximum



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## Infant Meal Patterns

United States Department of Agriculture

### UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS: INFANT MEALS

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal patterns support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

**UPDATED INFANT MEAL PATTERN:**

- Encourage and Support Breastfeeding:**
  - Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant, and
  - Only breastmilk and infant formula are served to infants 0 through 5 month olds.
- Developmentally Appropriate Meals:**
  - Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
  - Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.
- More Nutritious Meals:**
  - Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
  - No longer allows juice or cheese food or cheese spread to be served; and
  - Allows ready-to-eat cereals at snack.

**Learn More**  
 For more information on infant development and nutrition, check out the USDA Team Nutrition's Feeding Infants Guide.

CHILD & ADULT CARE FOOD PROGRAM

# Child and Adult Meal Patterns: Ages 1-2

**USDA**  
United States Department of Agriculture

**Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)**  
Sample Meals for Children Ages 1-2

**What is in a Breakfast?**  
Milk (4 fl. oz. or ½ cup)  
Vegetables, Fruit, or Beans (½ cup)  
Grains (½ serving)  
*Optional: Individual alternatives may be served in place of any of the above.*

**Sample Breakfast:**  
½ cup cereal  
½ cup soft fruit  
½ cup milk  
½ cup soft fruit with cinnamon sugar (½ cup cereal)

**What is in a Lunch or Supper?**  
Milk (4 fl. oz. or ½ cup)  
Meat/Meat Alternative (1 oz. eq.)  
Vegetables (½ cup)  
Fruit (½ cup)  
Grains (½ serving)  
*All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.*

**Sample Lunch/Supper:**  
½ cup milk  
½ cup soft fruit  
1 oz. cheese  
½ cup cereal  
½ cup soft fruit

**What is in a Snack?**  
Pick 2:  
Milk (4 fl. oz. or ½ cup)  
Meat/Meat Alternative (1 oz. eq.)  
Vegetables (½ cup)  
Fruit (½ cup)  
Grains (½ serving)  
*Other and ready water available all day.*

**Sample Snack:**  
Yogurt Dip  
Milk (4 fl. oz.)  
½ cup (2 oz.) soft fruit  
½ cup cereal  
½ cup soft fruit

**Note:** Serving sizes are minimums. Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on menu equivalencies (oz. eq.) and serving sizes at [fns.usda.gov/nutrition-education](http://fns.usda.gov/nutrition-education).

**Food and Nutrition Services Program (FNS)**  
USDA is an equal opportunity provider. 508CJW/MLP

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# Child and Adult Meal Patterns: Ages 3-5

**USDA**  
United States Department of Agriculture

**Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)**  
Sample Meals for Children Ages 3-5

**What is in a Breakfast?**  
Milk (8 fl. oz. or 1 cup)  
Vegetables, Fruit, or Beans (½ cup)  
Grains (1 serving)  
*Optional: Individual alternatives may be served in place of any of the above.*

**Sample Breakfast:**  
½ cup cereal  
1½ oz. soft fruit  
½ cup milk  
½ cup soft fruit

**What is in a Lunch or Supper?**  
Milk (8 fl. oz. or 1 cup)  
Meat/Meat Alternative (1½ oz. eq.)  
Vegetables (½ cup)  
Fruit (½ cup)  
Grains (1 serving)  
*All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.*

**Sample Lunch/Supper:**  
½ cup milk  
1 Taco meal with 1½ oz. soft fruit  
½ cup cereal  
½ cup soft fruit

**What is in a Snack?**  
Pick 2:  
Milk (8 fl. oz. or 1 cup)  
Meat/Meat Alternative (1½ oz. eq.)  
Vegetables (½ cup)  
Fruit (½ cup)  
Grains (1 serving)  
*Other and ready water available all day.*

**Sample Snack:**  
½ cup milk  
½ cup cereal  
½ cup soft fruit

**Note:** Serving sizes are minimums. Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on menu equivalencies (oz. eq.) and serving sizes at [fns.usda.gov/nutrition-education](http://fns.usda.gov/nutrition-education).

**Food and Nutrition Services Program (FNS)**  
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## Best Practices (optional, but encouraged)

**USDA**  
United States Department of Agriculture

### CHILD AND ADULT CARE FOOD PROGRAM: BEST PRACTICES

The updated CACFP meal patterns lay the foundation for a healthy eating pattern for children and adults in care. USDA also developed optional best practices that build on the meal patterns and highlight areas where centers and day care homes may take additional steps to further improve the nutritional quality of the meals they serve. The best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants' consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.

**CACFP Best Practices**  
USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care:

- Infants**
  - Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.
- Vegetables and Fruit**
  - Make at least 1 of the 2 required components of a snack a vegetable or a fruit.
  - Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.
  - Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.
- Grains**
  - Provide at least two servings of whole grain-rich grains per day.
- Meat and Meat Alternatives**
  - Serve only lean meats, nuts, and legumes.
  - Limit serving processed meats to no more than one serving per week.
  - Serve only natural cheeses and choose low-fat or reduced fat-cheeses.
- Milk**
  - Serve only unflavored milk to all participants. If flavored milk is served to children 4 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.
  - Serve water as a beverage when serving yogurt in place of milk for adults.

CHILD AND ADULT CARE FOOD PROGRAM

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## Nemours Best Practices for Healthy Eating

**Best Practices for Healthy Eating**

Nemours  
A Children's Health System

For Organizations Serving Children and Youth

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## Serve fruits and vegetables at every meal

- Most children do not eat the recommended amount of fruits and vegetables each day
- Fruits and vegetables provide many essential nutrients
- Introduce fruits and vegetables early and often
  - It may take up to 18 tries for a child to consider a new food to be “normal”
- Serve **WHOLE** fruits and colorful vegetables

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## 100% Juice

- If served, juice should be 100% juice
  - Limit portion sizes
  - Children under 12 months should never be served juice
  - Children one year and older should not drink more than 4-6 ounces of juice per day
- Always check the nutrition labels to ensure 100% juice
- Most toddlers and preschoolers drink more than six ounces of juice every day at home
  - Best practice to not serve any juice at all
  - Replacing juice with water is cost-saving too!

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## Milk

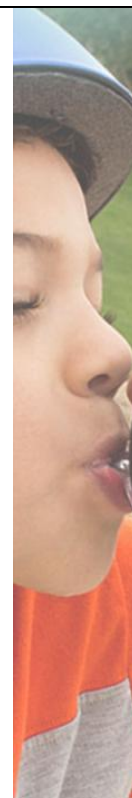
- Serve only 1% (low-fat) or skim (non-fat) milk to children two years and older.

| WHOLE MILK   | LOWFAT 1%      | SKIM MILK      |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
|--|----------------|----------------|--------------|-----|------------------|-----|--------------|--|------------------|----|--------------|----|------------------------|----|------------------|--|------------|--|------------|--|------------------------------|--|-----------------------|--|---|--|----------------|----------------|----|--------------------|----|--------------|--|------------------|----|--------------|----|------------------------|----|------------------|--|------------|--|------------|--|------------------------------|--|-----------------------|--|--|--|----------------|--------------|----|------------------|----|--------------|--|-----------------|----|--------------|----|------------------------|----|------------------|--|------------|--|------------|--|------------------------------|--|-----------------------|--|
|  <p><b>WHOLE MILK</b></p> <p><b>Nutrition Facts</b><br/>Serving Size 8 fl oz<br/>Amount Per Serving<br/>Calories 150    Calories from fat 70</p> <table border="1"> <thead> <tr> <th></th> <th>% Daily Value*</th> </tr> </thead> <tbody> <tr><td>Total Fat 5g</td><td>13%</td></tr> <tr><td>Saturated Fat 5g</td><td>25%</td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td>Cholesterol 10mg</td><td>3%</td></tr> <tr><td>Sodium 120mg</td><td>5%</td></tr> <tr><td>Total Carbohydrate 12g</td><td>4%</td></tr> <tr><td>Dietary Fiber 0g</td><td></td></tr> <tr><td>Sugars 12g</td><td></td></tr> <tr><td>Protein 8g</td><td></td></tr> <tr><td>Vitamin A 10% • Vitamin C 4%</td><td></td></tr> <tr><td>Calcium 30% • Iron 0%</td><td></td></tr> </tbody> </table> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> |                | % Daily Value* | Total Fat 5g | 13% | Saturated Fat 5g | 25% | Trans Fat 0g |  | Cholesterol 10mg | 3% | Sodium 120mg | 5% | Total Carbohydrate 12g | 4% | Dietary Fiber 0g |  | Sugars 12g |  | Protein 8g |  | Vitamin A 10% • Vitamin C 4% |  | Calcium 30% • Iron 0% |  |  <p><b>LOWFAT 1%</b></p> <p><b>Nutrition Facts</b><br/>Serving Size 8 fl oz<br/>Amount Per Serving<br/>Calories 100    Calories from fat 20</p> <table border="1"> <thead> <tr> <th></th> <th>% Daily Value*</th> </tr> </thead> <tbody> <tr><td>Total Fat 1.5g</td><td>4%</td></tr> <tr><td>Saturated Fat 1.5g</td><td>8%</td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td>Cholesterol 10mg</td><td>3%</td></tr> <tr><td>Sodium 125mg</td><td>5%</td></tr> <tr><td>Total Carbohydrate 12g</td><td>4%</td></tr> <tr><td>Dietary Fiber 0g</td><td></td></tr> <tr><td>Sugars 12g</td><td></td></tr> <tr><td>Protein 8g</td><td></td></tr> <tr><td>Vitamin A 10% • Vitamin C 4%</td><td></td></tr> <tr><td>Calcium 30% • Iron 0%</td><td></td></tr> </tbody> </table> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> |  | % Daily Value* | Total Fat 1.5g | 4% | Saturated Fat 1.5g | 8% | Trans Fat 0g |  | Cholesterol 10mg | 3% | Sodium 125mg | 5% | Total Carbohydrate 12g | 4% | Dietary Fiber 0g |  | Sugars 12g |  | Protein 8g |  | Vitamin A 10% • Vitamin C 4% |  | Calcium 30% • Iron 0% |  |  <p><b>SKIM MILK</b></p> <p><b>Nutrition Facts</b><br/>Serving Size 8 fl oz<br/>Amount Per Serving<br/>Calories 90    Calories from fat 0</p> <table border="1"> <thead> <tr> <th></th> <th>% Daily Value*</th> </tr> </thead> <tbody> <tr><td>Total Fat 0g</td><td>0%</td></tr> <tr><td>Saturated Fat 0g</td><td>0%</td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td>Cholesterol 5mg</td><td>2%</td></tr> <tr><td>Sodium 135mg</td><td>5%</td></tr> <tr><td>Total Carbohydrate 12g</td><td>4%</td></tr> <tr><td>Dietary Fiber 0g</td><td></td></tr> <tr><td>Sugars 12g</td><td></td></tr> <tr><td>Protein 8g</td><td></td></tr> <tr><td>Vitamin A 10% • Vitamin C 2%</td><td></td></tr> <tr><td>Calcium 30% • Iron 0%</td><td></td></tr> </tbody> </table> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> |  | % Daily Value* | Total Fat 0g | 0% | Saturated Fat 0g | 0% | Trans Fat 0g |  | Cholesterol 5mg | 2% | Sodium 135mg | 5% | Total Carbohydrate 12g | 4% | Dietary Fiber 0g |  | Sugars 12g |  | Protein 8g |  | Vitamin A 10% • Vitamin C 2% |  | Calcium 30% • Iron 0% |  |
|  | % Daily Value* |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Total Fat 5g   | 13%            |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Saturated Fat 5g   | 25%            |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Trans Fat 0g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Cholesterol 10mg   | 3%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Sodium 120mg   | 5%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Total Carbohydrate 12g   | 4%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Dietary Fiber 0g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Sugars 12g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Protein 8g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Vitamin A 10% • Vitamin C 4%   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Calcium 30% • Iron 0%  |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
|  | % Daily Value* |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Total Fat 1.5g   | 4%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Saturated Fat 1.5g   | 8%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Trans Fat 0g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Cholesterol 10mg   | 3%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Sodium 125mg   | 5%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Total Carbohydrate 12g   | 4%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Dietary Fiber 0g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Sugars 12g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Protein 8g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Vitamin A 10% • Vitamin C 4%   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Calcium 30% • Iron 0%  |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
|  | % Daily Value* |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Total Fat 0g   | 0%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Saturated Fat 0g   | 0%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Trans Fat 0g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Cholesterol 5mg  | 2%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Sodium 135mg   | 5%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Total Carbohydrate 12g   | 4%             |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Dietary Fiber 0g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Sugars 12g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Protein 8g   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Vitamin A 10% • Vitamin C 2%   |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |
| Calcium 30% • Iron 0%  |                |                |              |     |                  |     |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |   |  |                |                |    |                    |    |              |  |                  |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |  |  |                |              |    |                  |    |              |  |                 |    |              |    |                        |    |                  |  |            |  |            |  |                              |  |                       |  |

21

## Water

- Water should be available at all times (inside and outdoors)
- Water keeps children hydrated best
- Water should be consumed throughout the day.
  - Encourage children to drink water by making water visible and available both inside and outside.
- Water also reduces acid in the mouth that can cause cavities
- CACFP now requires programs to offer water
  - This means asking children whether they would like water at different times throughout the day



22



## Physical Activity Break



23

## Don't serve fried or pre-fried foods

- “Fried” = food that you or your vendor cook by covering or submerging it in oil, shortening, lard, or other animal fat
- “Pre-fried” = food that you or your vendor buy already fried, even if you finish cooking it in the microwave or in the oven.
- French fries, tater tots, hash browns, chicken nuggets, and fish sticks are the most commonly served fried and pre-fried foods in ECE



24



## Avoid Processed Meats

- Processed meats = meats that have been cured, smoked, dried, canned, dehydrated and/or combined with chemicals and enzymes
  - hot dogs, bologna, deli meats, sausage, bacon, pepperoni, and salami



25

## Sugar

- Avoid foods and beverages with added sugar and those that naturally contain high levels of sugar
- Added sugar = sugar that a food did not contain in its original form
- **Be aware!** Many foods, especially those that are highly processed and marketed to children (such as breakfast cereals, yogurt products, snack foods)



26



27

## Hidden Sugars

**CHOCOLATE MILK**  
ONE 8 OZ GLASS

25 - 29 GRAMS OF SUGAR

7.25 TEASPOONS

OR

1 SNICKERS BAR

**APPLES**  
ONE 8 OZ GLASS

27 GRAMS OF SUGAR

6.75 TEASPOONS

OR

1 FUDGE BROWNIE

**CAPRI SUN**  
ONE 4 OZ POUCH

16 GRAMS OF SUGAR

4 TEASPOONS

OR

5 THIN MINT GIRL SCOUT COOKIES

**COKE**  
ONE 12 OZ CAN

39 GRAMS OF SUGAR

9.75 TEASPOONS

OR

2.5 SCOOPS OF BASKIN RHOODES ICE CREAM

**COKE**  
ONE 30 OZ BOTTLE

65 GRAMS OF SUGAR

12.25 TEASPOONS

OR

2.6 SCOOPS OF BASKIN RHOODES ICE CREAM

**ONE 30 OZ BOTTLE**

67 GRAMS OF SUGAR

14.75 TEASPOONS

OR

2.5 CUPCAKES

**VITAMIN WATER**  
ONE 30 OZ BOTTLE

32 GRAMS OF SUGAR

8.25 TEASPOONS

OR

9.4 OREO COOKIES

www.ahealthierwei.com

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**29**

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## Healthy Celebrations

- Have policies for foods and beverages sent from home, including for celebrations and holidays
- Meals and snacks sent from home are often too high in sugar, fat, and salt
- A policy that sets clear nutrition expectations and suggestions for food brought from home lets parents know gently but firmly that your program is committed to maintaining a healthy environment



# Healthy Celebrations

## Healthy Celebrations



Holidays and celebrations are exciting and special moments in children's lives! ECE programs can support healthy habits by celebrating events in a healthy way. As children grow, they begin to learn the significance of celebrations and holidays. The earlier children learn to celebrate in a healthy way, the easier it is to convince them that healthy celebrations can be fun. Older children may be more skeptical of changes to celebrations, so make changes slowly and explain to them why celebrating in a healthy way is important. Here are some suggestions to help plan a fun and healthy celebration:

### General Tips

- Celebrate holidays in ways that don't focus on food: sing songs, play games or do an art project.
- Encourage children to help you make a special, healthy treat.
- Think of healthy alternatives to traditional party foods such as fruit kebabs, pita pizza or mini muffins instead of a large cake. If you feel strongly about having a traditional treat, make healthy substitutions (e.g., substitute unsweetened applesauce for oil in cakes, cupcakes, breads and muffins).
- If you provide favors for birthdays or small gifts for holidays, try small age-appropriate toys like stickers, crayons, modeling dough or trading cards instead of sweets.
- Make a piñata for the class and fill it with small favors (e.g., crayons, stickers, temporary tattoos, scarves or small, age-appropriate small favors) instead of candy.



### Suggestions for Healthy Celebration Foods

- Fruit smoothies (blend ice, fresh or frozen fruit, fat-free yogurt, and fat-free milk)
- Birthday kabobs (use a straw instead of a sharp stick) with any kind of fruit
- Small low-fat oatmeal cookies or whole grain fig cookies
- Prepare one of the children's favorite dishes (in a healthy way) and serve snack-size portions for the class.
- 100% fruit juice freezer pops
- Fruit pizzas using whole grain tortillas topped with low-fat whipped cream and fruit
- Make ice cream cone cakes. Fill ice cream cones with pudding (made with fat-free milk) and decorate with sprinkles.
- Make-your-own pizzas using whole grain English muffins and veggie toppings.
- Mini cupcakes or muffins (decreasing portion size is good, too!)



Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a four-year Cooperative Agreement (U59CE000402-01) to support state/localities in launching early care and education learning collaboratives focused on childhood obesity prevention. The views expressed in written materials or publications, or by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



# Menu Planning

- Develop written menus showing all foods that will be served during a month
- Make written menus available to parents/guardians
  - Posted menus make it easier for families and child care staff to work together successfully in dealing with “picky eaters” or children with food texture aversions
- Include a combination of both new and familiar foods on weekly menus



# Menu Analysis Activity

Menu Analysis Activity – Sample  
Sample Weekly Menu (for Children age 2 years and older)

**ACTIVITY SHEET ONLY!\***

| Week  | Monday                      | Tuesday                  | Wednesday           | Thursday            | Friday                     |
|---|-----------------------------|--------------------------|---------------------|---------------------|----------------------------|
| <b>BREAKFAST</b>  |                             |                          |                     |                     |                            |
| Milk  | 1% or Fat-free Milk         | 1% or Fat-free Milk      | Whole Milk          | 1% or Fat-free Milk | 1% or Fat-free Milk        |
| Vegetables, Fruit, or Both  | 100% Orange Juice           | Banana Slices            | Carrot slices       | Strawberries        | Peaches                    |
| Grains  | AG*                         | Donuts                   | Waffles*            | White Toast         | Cheerios*                  |
| Meats/Meat Alternatives<br><small>(Optional—can replace a grain of breakfast no more than 3 times per week)</small> | Yogurt                      | Cottage Cheese           | Scrambled Egg       | Cottage Cheese      | Yogurt                     |
| <b>LUNCH</b>  |                             |                          |                     |                     |                            |
| 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  | Apple sauce                 | Salad                    | Pears               | Mixed Fruit         | Apple Slices               |
| Vegetables  | Green Beans                 | French Fries             |                     | Broccoli            | Cucumber Slices            |
| Grains  | Whole Grain Dinner Roll     | Whole Grain Hot Dog Roll | Rice                | White Bread         | Wheat* Macaroni and Cheese |
| Meats/Meat Alternatives   | Baked Turkey Breast         | Hot Dog                  | Fish Sticks         | Bologna & Cheese    | Baked Chicken Breast       |
| <b>SNACK</b>  |                             |                          |                     |                     |                            |
| Milk  | —                           | —                        | —                   | —                   | —                          |
| Fruits  | 100% Apple Juice            | Blueberries              | Watermelon          |                     | Pineapple                  |
| Vegetables  |                             |                          |                     | Cucumbers           |                            |
| Grains  | Mini Whole Grain Rice Cakes | —                        | —                   | Crackers            | —                          |
| Meats/Meat Alternatives   | —                           | Yogurt                   | Real String Cheese  | —                   | Cottage Cheese             |
| Beverage  | Water                       | Water                    | Water               | Water               | Water                      |

\*Do not copy and use for claiming meals in CACFP

# Local Procurement for Family Child Care Providers



## LOCAL PROCUREMENT FOR FAMILY CHILD CARE PROVIDERS

### Stay Informed

Join our network:  
www.farmtoschool.org  
Twitter @FarmtoSchool  
Facebook  
http://on.fb.me/nfanf2s



**OUR MISSION AND PURPOSE:**  
The National Farm to School Network is an information, advocacy and networking hub for communities working to bring local food sourcing and food and agriculture education into school systems and early child care settings.

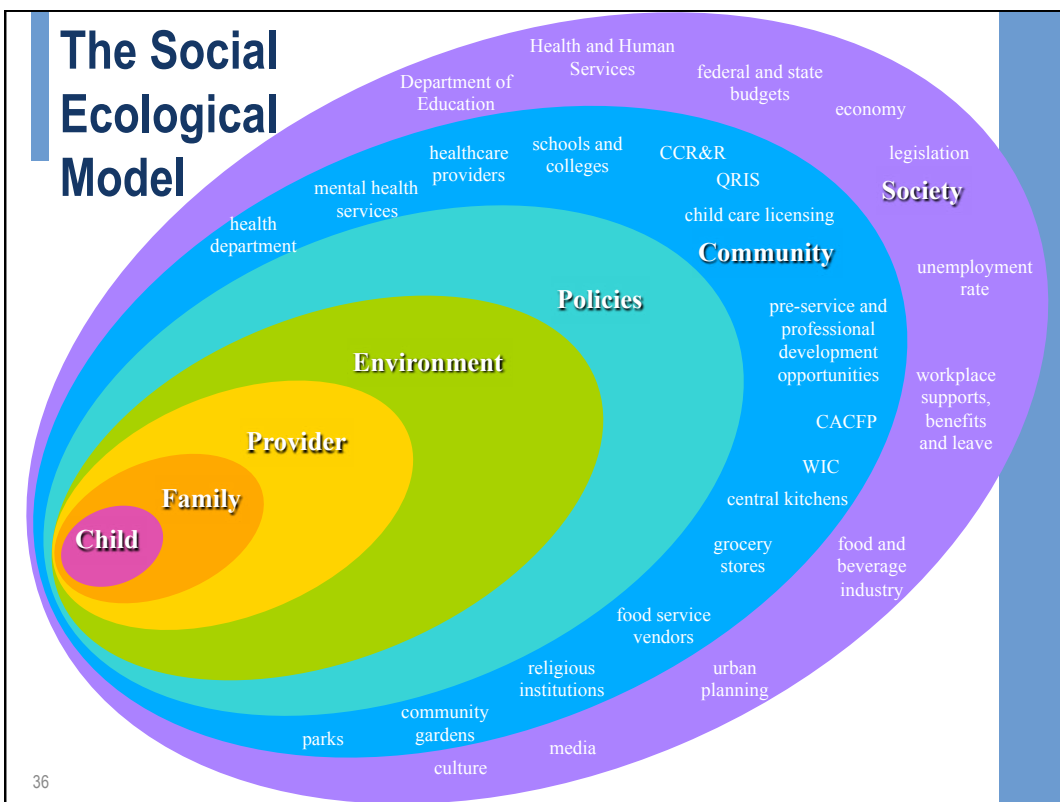
From preschool activities the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices in early care and education programs. Young children gain access to healthy, local foods as well as education opportunities such as edible gardens, cooking lessons and farm field trips. Farm to preschool empowers young children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

#### Options for purchasing local food

There are many different types of farm to preschool activities. One option is to serve local food in meals and snacks. Spring is the best time of year to begin planning food purchases since summer and fall are peak harvest seasons for farmers. Family child care providers can most easily find locally-grown food in the following ways:

1. **Your local farmers' market.** You can shop at a nearby farmers' market, or arrange with a farmer in advance to pick up a larger order at the market. Find a market near you at <http://search.ams.usda.gov/farmersmarkets/>
2. **Your local grocery store or food co-op.** Many grocery stores and co-ops carry locally-grown food. Look for signs or labels that say where the food came from, or if it's not labeled, ask!
3. **A Community Supported Agriculture (CSA) program.** Food purchased through a CSA is often paid for up front. Then, weekly boxes of fresh fruits and vegetables are delivered or available for pick-up all season long. A CSA provides a good chance to try new foods and to learn what's in season and when. If using a CSA, speak to your farmer for lists and recipes so that you're able to use the variety of produce that you receive.
4. **An edible garden.** Edible gardens are perfect for smaller amounts of produce. Fun, easy foods to start with include snap peas, radishes, lettuce, herbs, cucumbers and squash. If you are unsure about your soil quality or have limited space to grow, consider growing food in pots or containers. Contact your county's Cooperative Extension for advice on starting, maintaining and harvesting from a garden in your region: [www.crees.usda.gov/Extension/](http://www.crees.usda.gov/Extension/)





## Healthy Environments

- **Eating environment**
  - Provide visuals, use materials, serve food, and role model healthy choices and eating habits
- **Outdoor environment**
  - Create a safe and open space for children to move around
- **Teaching/Activity environment**
  - Build nutrition and physical activity education in to the existing curriculum
- **Home environment**
  - Use parent newsletters to encourage parents to adopt healthy habits that can be used at home.

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## Creating a Healthy Eating Environment for Children

- **Family-style dining is considered a best practice**
  - Enjoy each other at meal time
  - Children and adults sitting together to enjoy foods and beverages in a manner that supports children's independence
  - Offer healthy choices: fruits and/or vegetables, whole grains, and lean protein at every meal
  - Offer age-appropriate portion sizes and serving utensils consistent with CACFP guidelines
    - As of October 1, 2017, programs must follow the updated CACFP guidelines, which support family-style dining in the home
  - Respond to hunger and feeding cues so children recognize them
  - Role model at mealtime

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## Healthy Environments



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## Creating a Healthy Eating Environment for Children

- Do not use foods or beverages as a punishment or a reward
  - This places unnecessary importance on food and undermines the development of healthy eating habits
- Do not force or bribe children to eat
  - Forcing children to “clean their plate” encourages children to eat when they are not hungry. This can lead to a distaste for the nutritious foods they are forced to eat



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## Creating a Healthy Eating Environment for Infants

- Support breastfeeding moms with access to a private space to feed or pump
- Encourage and support the feeding of expressed breast milk
- Gently introduce solid foods, in collaboration with family, around 6 months of age
- Feed infants on demand rather than on a fixed schedule so they learn to eat when they are hungry
- If participating in CACFP and following the new infant meal patterns, you will now be reimbursed if:
  - The mother directly breastfeeds her infant in your home
  - You offer the mother's expressed breast milk or infant formula to the infant

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## Division of Responsibility in Feeding

- **Who is responsible, the *child* or the provider?**
  1. Who decides **what** food will be served?
  2. Who decides **when** food will be served?
  3. Who decides **where** the food will be served?
  4. Who decides **how much** food will be eaten?
  5. Who decides **whether** or not a food is eaten?
- **Who is responsible, the *infant* or the provider?**
  6. Who decides **what** food will be served?
  7. Who decides **when**, **where**, **how much**, and **whether** food is eaten?

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## Nutrition Education for Children

- Use evidence-based resources for structured lessons focused on healthy foods and eating habits
- Introduce and encourage healthy foods through routine daily activities
  - **Literacy:** Use books that introduce healthy foods and model healthy eating habits.
  - **Math:** Count fruits and vegetables, sort foods by color or shape.
  - **Science:** Explore healthy food through senses (i.e., watch the growth of a potato, or plant vegetables in a garden).
  - **Art:** Children use their imaginations and draw pictures using fruits and vegetables. Use pieces of fruit to make edible sculptures, funny faces, and animals.
  - **Pretend play:** Have plenty of healthy pretend foods available for play in your housekeeping area.

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## Physical Activity Break



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## Cost- Effective Shopping

- Saving money while food shopping can be difficult especially when combining shopping for your child care and your home. Cost effective techniques include:
  - Knowing your budget- is your child care budget different from your home budget?
  - Plan and cycle your menu- cycling menus allow you to budget and balance your costs. Plan menus by seasons
  - Make a grocery list- check to see what foods you already have before buying additional items
  - Compare store brands to major brands- the quality may be the same and price significantly cheaper
  - Look for coupons- shop around, look for coupons and store advertisements to determine where to purchase foods



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## Discussion

Does buying in bulk really save you money?

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## Convenience Foods

- Convenience foods are items that are partially or completely prepared when purchased



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## Convenience Foods

### Advantages

- Saves time
- Product Consistency
- Require less work
- Nutrition label easily available

### Disadvantages

- Cost more
- Higher in sodium and fat
- Cannot control ingredients
- All components of the meal may not be provided in the item
- Often processed
- May not meet CACFP requirements

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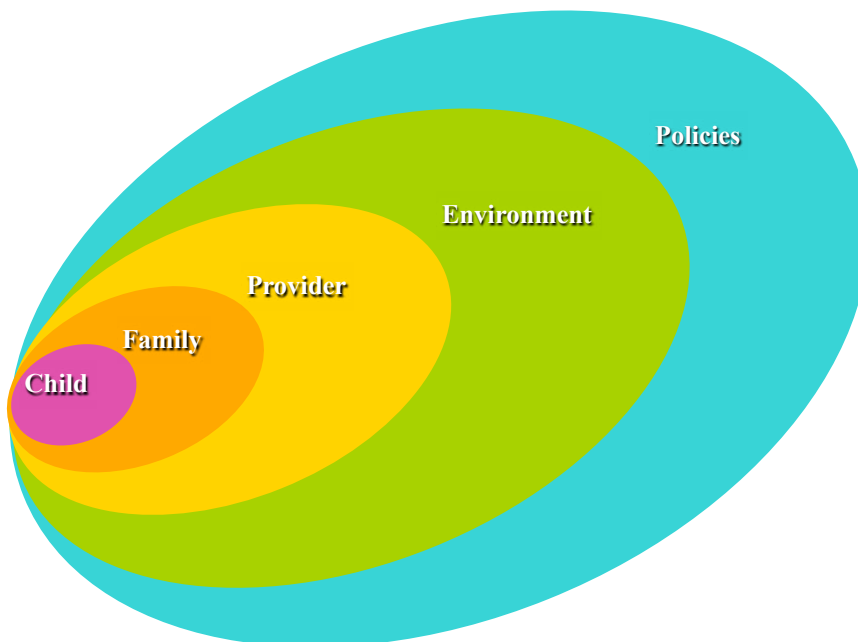
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## The Social Ecological Model



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### Action Plan Worksheet



Start Date: January 2018

Provider Name:

Goal: Revise the menu over a three month period to align with best practices for fruits, vegetables, whole grains, and elimination of fried foods.

| Child   | Family   | Provider   | Environment   | Policies  |
|---|--|--|---|---|
| <p>Model curiosity and enjoyment of healthy foods during all meals and snacks (Ongoing)</p> <p>Discuss new menu changes with the children and how they help them grow up strong and healthy! (February)</p> <p>Develop taste tests and graph the results of the children's preferences for new foods (February)</p> | <p>Ask families for healthy food recipes to be included on the new menus (February)</p> <p>Work with families to develop an exciting taste test event for children and families to try and then vote on new menu items (February)</p> <p>Send home resources of ways families can promote healthy habits at home (Ongoing)</p> | <p>Learn about best practices through training sessions (January)</p> <p>See if families' healthy recipe ideas can be incorporated into menu (February)</p> <p>Take photos of children enjoying healthy food and share with families (Ongoing)</p> | <p>Develop a bulletin board to share information, resources, and healthy recipes (January)</p> <p>Post menus in home (Ongoing)</p> <p>Develop systems for ordering, storing, and monitoring food (March)</p> <p>Create and hang documentation of children engaged in healthy eating or nutrition activities (Ongoing)</p> | <p>Menus will align with LMCC goals for fruits, vegetables, whole grains, and fried foods (February and ongoing)</p> <p>Include healthy eating policy and rationale in family handbooks (March)</p> <p>Create a healthy celebrations policy (March)</p> |

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## Selecting goals and making them SMART



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## Child

- This column lists actions that staff can take to encourage and guide children's learning

### Child

Model curiosity and enjoyment of healthy foods during all meals and snacks (Ongoing)

Discuss new menu changes with the children and how they help them grow up strong and healthy! (February)

Develop taste tests and graph the results of the children's preferences for new foods (February)

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## Family

- This column outlines ways that staff can support families in understanding the reason for healthy changes within the program

### Family

Ask families for healthy food recipes to be included on the new menus (February)

Work with families to develop an exciting taste test event for children and families to try and then vote on new menu items (February)

Send home resources of ways families can promote healthy habits at home (Ongoing)

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## Provider

- This column details activities for providers that increase children’s learning and family support, plus their own knowledge of healthy changes

| Provider  |
|---|
| Learn about best practices through training sessions (January)                  |
| See if families’ healthy recipe ideas can be incorporated into menu (February)  |
| Take photos of children enjoying healthy food and share with families (Ongoing) |

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## Environment

- This column lists projects that will help move the program towards meeting the goal and completing action steps

| Environment   |
|---|
| Develop a bulletin board to share information, resources, and healthy recipes (January)               |
| Post menus in home (Ongoing)  |
| Develop systems for ordering, storing, and monitoring food (March)                                    |
| Create and hang documentation of children engaged in healthy eating or nutrition activities (Ongoing) |

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## Policies

- This column notes changes that the provider needs to make to continue new practices

| Policies  |
|---|
| Menus will align with LMCC goals for fruits, vegetables, whole grains, and fried foods (February and ongoing) |
| Include healthy eating policy and rationale in family handbooks (March)                                       |
| Create a healthy celebrations policy (March)  |

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## Your Action Plan



- **Using the five improvement areas identified from the *Go NAP SACC* results, choose 1-2 areas to work on for the Action Plan**
- **Goals and action steps should include practices and policies from at least one of the following:**
  - Healthy eating
  - Healthy beverages
  - Physical activity
  - Screen time
  - Breastfeeding support
- **Think about the Social Ecological Model to create and support lasting change**

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# Sample Goals



- **Children eat *healthy food* in the home:**
  - Revise menus over a 3 month period to align with best practices
  - Engage children in weekly, planned activities to increase healthy eating and awareness of healthy habits
  - Implement family-style dining
- **Children drink only *healthy beverages* in our program:**
  - Make water accessible to children throughout the day, inside and outside
  - Serve only nonfat milk to children 2 years and older for all meals
  - Stop serving juice and sugar sweetened beverages

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## Action Plan Worksheet



Start Date:

Provider Name:

Goal:

| Child | Family | Provider | Environment | Policies |
|-------|--------|----------|-------------|----------|
|       |        |          |             |          |

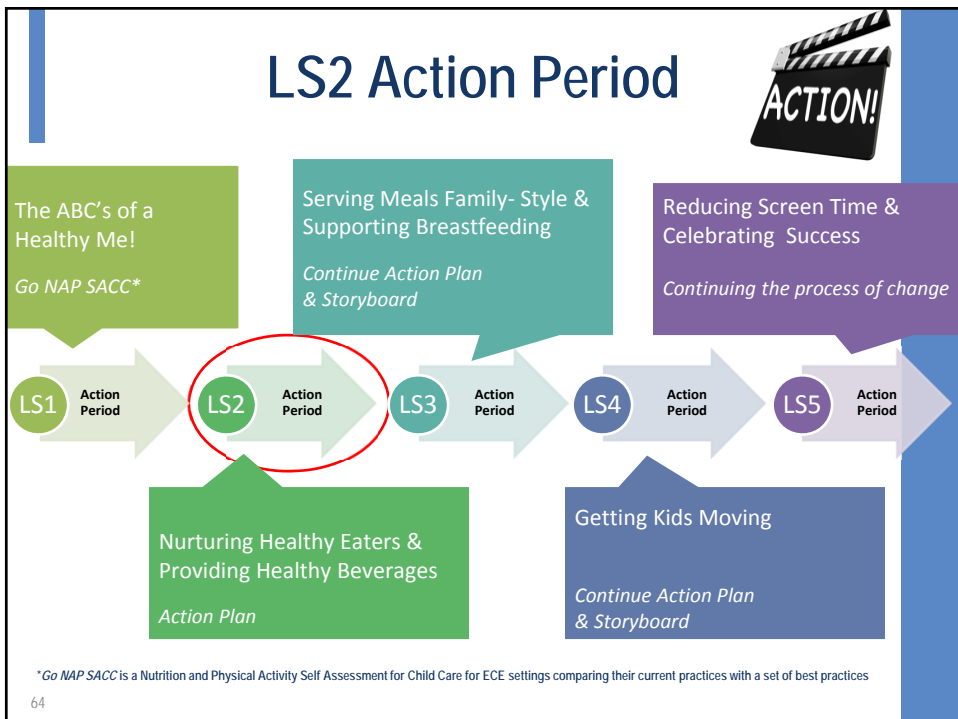
# Technical Assistance Groups



**Action Plan**

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## LS2 Action Period



**LS1 Action Period**

The ABC's of a Healthy Me!  
*Go NAP SACC\**

**LS2 Action Period**

Serving Meals Family- Style & Supporting Breastfeeding  
*Continue Action Plan & Storyboard*

**LS3 Action Period**

Nurturing Healthy Eaters & Providing Healthy Beverages  
*Action Plan*

**LS4 Action Period**

Getting Kids Moving  
*Continue Action Plan & Storyboard*

**LS5 Action Period**

Reducing Screen Time & Celebrating Success  
*Continuing the process of change*

**ACTION!**

\*Go NAP SACC is a Nutrition and Physical Activity Self Assessment for Child Care for ECE settings comparing their current practices with a set of best practices

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## Facilitating Change in Your Program: LS2 Action Period



- **Opportunity to:**
  - Implement the action steps for the children and family identified for the 1-2 areas providers would like to improve upon
  - Start a storyboard demonstrating what area(s) the provider improved
- **Trainers provide technical assistance (TA)**

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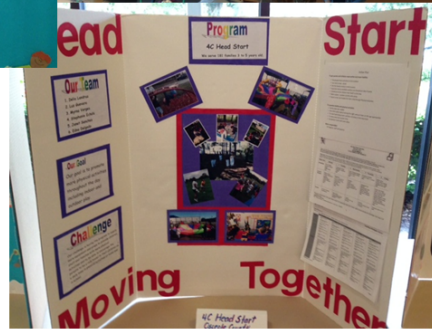
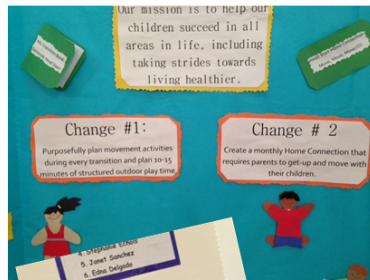
## Creating a Storyboard



- **Providers 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
  - 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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## Sample Storyboards



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## Healthy Weight

- Healthy weight means you are not overweight or obese
- Weight is a concern because of health, not appearance
- Healthy weight  $\neq$  health
- Small changes can make you feel great!
- Remember, weight should not be discussed with children



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## Healthy Weight

- **To maintain weight, energy in = energy out**
- **Energy (calories) in**
  - Find your calorie goal
  - Increase *awareness!*
  - Increase fruits and veggies
  - Reduce portion sizes
  - Eat a nutrient dense breakfast
- **Energy (calories) out**
  - Increase physical activity
  - Limit inactivity (screen time, sitting, etc.)



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# Environment

- Have books, posters, and toys that remind children of healthy foods
- Teach about eating and enjoying healthy foods
- Sit, eat, and engage with children during meals
- Eat the same food and drinks children are eating
- Talk about trying and enjoying new foods
- Eat only healthy foods and drinks in front of children
- Make food and eating a topic of conversation with parents at pick up and drop off



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# Create a Healthy Habits Calendar

SEPTEMBER, 2014 *Healthy Way to Grow* Calendar

Childhood Obesity Awareness

hhl  
MAGGIOWAN  
PROGRESS THROUGH MONTH

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|---|--|--|---|--|---|--|
| 7 Grandparents Day: Make a favorite family recipe healthier by substituting smaller ingredients. Use fat instead of oil, the olive or soy cones, natural appliance instead of oil for baking, whole wheat instead of regular yeast. | 8 Eat the fruit off a seedless watermelon and chop into chunks. Blend or blend until smooth for a cool, refreshing drink.                                      | 9 Film a family eating at the library. Check out <i>The Berenstain Bears and The Black TV</i> by Jane & Jan Berenstain. Turn off your tv and read the book together! | 10 End of summer: Before the days get much shorter, take a walk with your child before an after-dinner. | 11 Encourage families to drink water by favoring, with lemon lime, or orange slices.   | 12 Random Acts: When you go outside, encourage your preschooler to wave by saying, "When I say a color of the rainbow, run and touch something of that color." Take your random acts and move together. | 13 Steps on Saturday: Count the steps you and your child take from one room to another or from the house to the car. Count out loud to your baby as you carry from one spot to another.        |
| 14 Laundry Station: Treat the family to breakfast makes for a special morning dinner.   | 15 Give toddlers plastic measuring cups and a spoon. 3 year olds will help make produce. 4 year olds can measure fluid ounces and 5 year olds can gram cheese. | 16 Tap: You're at! Tap your child and move. Play <i>Walking by Day</i> by William & John Vavra.  | 17 Use your library card to check out the book, <i>I Play Walking by Day</i> by William & John Vavra.   | 18 Fats and fat: broccoli, mushrooms and peppers, celery and carrots into different shapes to create faces on a paper plate.                               | 19 Have children pack a family member's lunch. You may be surprised by what children choose. Talk about whether or not each of the items is a healthy choice.   | 20 Neighborhood, a children's television network for Worldwide Day of Play is going off the air for three hours in order to encourage kids to go outside and play. Sign by turning off the tv. |
| 21 Hold up a potato and say "too food" and speed down. Hold up a banana say "up food". Jump or rock up. Take turns with your child.   | 22 Doing both time talk with your children about their bodies. Name body parts and talk about healthy habits.  | 23 Cut banana or apple into chunks. Spread with almond butter or cream cheese and roll the chunks in cereal for a healthy snack!                                     | 24 Hold your child's hand and walk at their pace, changing your arm.                                    | 25 First thing in the morning make a sleep bench and stretch your arms up high. Puhole and touch the floor. Before you work and older children mature you. | 26 Run in place with your child and check to feel your heart speed up.  | 27 Cut out magazine pictures of food. At the store, ask your child to help you find the food that matches the picture.   |
| 28 Blend: Next Place a bagel in a pan with 1 drop olive oil. Crack an egg into the hole and cook. Add spinach around the sides.   | 29   | 30 Last day of the <i>Improvement Challenge!</i> How did you do?   |   |  |   |  |

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## Bringing It Home

- Encourage families to serve a variety of foods when they send lunches from home
- Guide parents by sharing lists of foods that present a variety of whole grains, fruits, vegetables, lean protein, and low fat dairy
- Use MyPlate to help families categorize foods and prepare lunches with a variety nutrients
- Serve new foods in your program and encourage parents to do the same at home
  - Discuss the taste, smell, and touch of the food
  - Offer a new food multiple times in a month so children become familiar

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## Healthy Eating at Home

- **The American Academy of Pediatrics recommends that families can support healthier eating habits by:**
  - Buying fewer sugar-sweetened beverages, high-calorie snacks and sweets
  - Purchasing food for celebrations close to the event, and storing the food immediately afterwards to avoid foodborne illnesses
  - Healthy foods and beverages should be readily available and in plain sight on the kitchen table or counter, or in the front of the shelf in the refrigerator
  - High-calorie foods should be less visible – wrapped in foil rather than clear wrap, and placed in the back of the fridge or pantry
  - Encourage children to eat five or more servings of fruits and vegetables each day

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## Partnering with Families

- **Get to know families and shared expectations:**
  - Communicate nutrition policies when children enroll and regularly throughout the year to avoid conflict and confusion
  - Provide written menus and ask for feedback
  - Work together on feeding plan for each child
    - Also, care plans for children with allergies
  - Accommodate vegetarian, vegan, religious, and cultural diets
  - When introducing new foods at meals, make sure parents know and encourage them to add that food to their home menus as well for consistency and exposure

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## Policies and Procedures

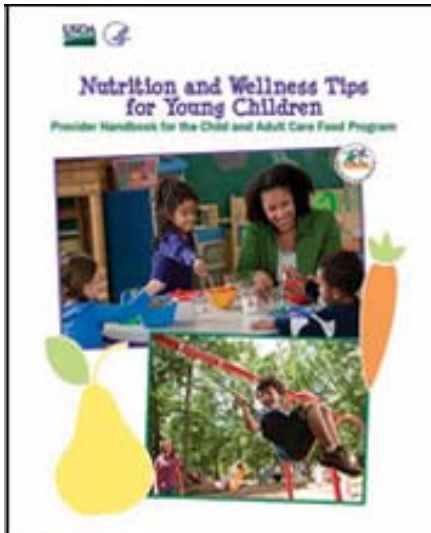
- **Annual and on-going training**
- **Food and nutrition services**
  - Use a Nutritionist/Registered Dietitian to develop written menus
  - Written plan for requirements of:
    - Foods served
    - Allergy considerations
    - Interaction with children during meals
- **Nutrition education for parents**
- **Nutrition education for children integrated in to the curriculum**

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## CACFP Handbook




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## Resources

- **Healthy Kids, Healthy Future**
  - [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org)
- **MyPlate for Preschoolers**
  - <http://www.choosemyplate.gov/preschoolers.html>
- **Nutrition and Wellness Tips for Young Children**
  - [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)
- **Nemours' Best Practices for Healthy Eating**
  - [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org)
- **Child and Adult Care Food Program (CACFP)**
  - [www.fns.gov/cacfp](http://www.fns.gov/cacfp)
  - To locate the State agency for CACFP, visit: [www.cacfp.org/resources/usda-state-agencies/](http://www.cacfp.org/resources/usda-state-agencies/)

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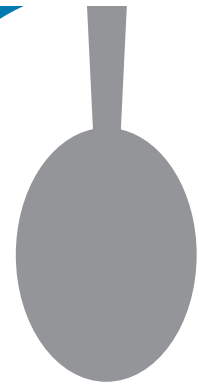
**Check-Out**

79

**Trainer Contact Information**



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# UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS: INFANT MEALS

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

## UPDATED INFANT MEAL PATTERN:



### Encourage and Support Breastfeeding:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- Only breastmilk and infant formula are served to infants 0 through 5 month olds.



### Developmentally Appropriate Meals:

- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

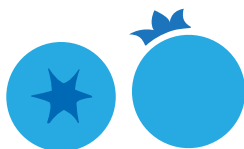


### More Nutritious Meals:

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
- No longer allows juice or cheese food or cheese spread to be served; and
- Allows ready-to-eat cereals at snack.

### Learn More

For more information on infant development and nutrition, check out the [USDA Team Nutrition's Feeding Infants Guide](#).



### PREVIOUS AND UPDATED INFANT MEAL PATTERNS: LETS COMPARE

|                        | PREVIOUS                        |  |   | UPDATED                         |  |
|------------------------|---------------------------------|--|---|---------------------------------|--|
|                        | 0-3 Months                      | 4-7 Months   | 8-11 MONTHS   | 0-5 MONTHS                      | 6-11 MONTHS  |
| <b>Breakfast</b>       | 4-6 fl oz breastmilk or formula | 4-8 fl oz breastmilk or formula<br>0-3 tbsp infant cereal                                      | 6-8 fl oz breastmilk or formula<br>2-4 tbsp infant cereal<br>1-4 tbsp vegetable, fruit or both  | 4-6 fl oz breastmilk or formula | 6-8 fl oz breastmilk or formula<br>0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*<br>0-2 tbsp vegetable, fruit or both* |
| <b>Lunch or Supper</b> | 4-6 fl oz breastmilk or formula | 4-8 fl oz breastmilk or formula<br>0-3 tbsp infant cereal<br>0-3 tbsp vegetable, fruit or both | 6-8 fl oz breastmilk or formula<br>2-4 tbsp infant cereal; and/or 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ -2oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination<br>1-4 tbsp vegetable, fruit or both | 4-6 fl oz breastmilk or formula | 6-8 fl oz breast milk or formula<br>0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*<br>0-2 tbsp vegetable, fruit or both* |
| <b>Snack</b>           | 4-6 fl oz breastmilk or formula | 4-6 fl oz breastmilk or formula  | 2-4 fl oz breastmilk, formula, or fruit juice<br>0-½ bread slice or 0-2 crackers  | 4-6 fl oz breastmilk or formula | 2-4 fl oz breastmilk or formula<br>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal*<br>0-2 tbsp vegetable, fruit or both*   |

*\*Required when infant is developmentally ready.*

*All serving sizes are minimum quantities of the food components that are required to be served.*

For more information, please visit [www.fns.usda.gov/cacfp/child-and-adult-care-food-program](http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program).


Questions? Contact your State or Regional Office.

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# Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

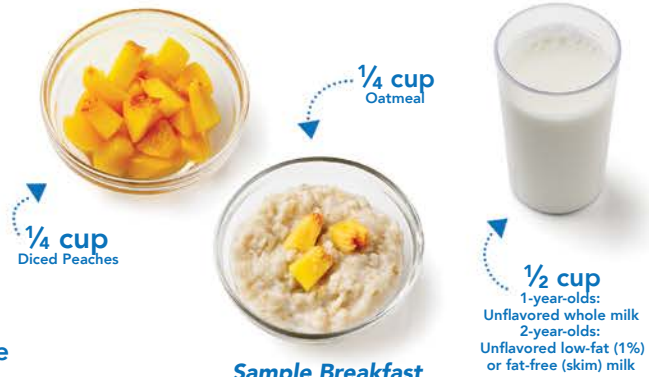
## Sample Meals for Children Ages 1-2



**What is in a Breakfast?**

Milk (4 fl. oz. or ½ cup)  
Vegetables, Fruit, or Both (¼ cup)  
Grains (½ serving)

**Optional:** Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

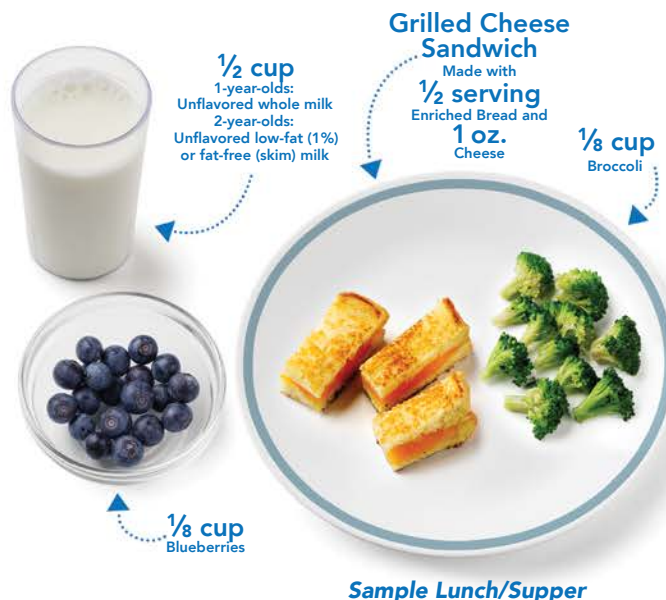


¼ cup Oatmeal

¼ cup Diced Peaches

½ cup  
1-year-olds: Unflavored whole milk  
2-year-olds: Unflavored low-fat (1%) or fat-free (skim) milk

**Sample Breakfast**




½ cup  
1-year-olds: Unflavored whole milk  
2-year-olds: Unflavored low-fat (1%) or fat-free (skim) milk

**Grilled Cheese Sandwich**  
Made with ½ serving Enriched Bread and 1 oz. Cheese

⅛ cup Broccoli

⅓ cup Blueberries

**Sample Lunch/Supper**



**What is in a Lunch or Supper?**

Milk (4 fl. oz. or ½ cup)  
Meat/Meat Alternate (1 oz. eq.)  
Vegetables (½ cup)  
Fruit (½ cup)  
Grains (½ serving)

All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.

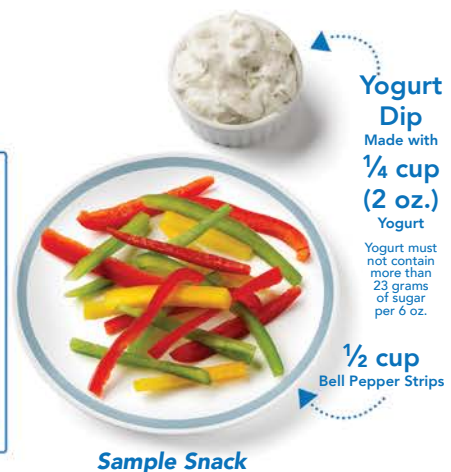


Offer and make water available all day.



**What is in a Snack?**

Pick 2:  
Milk (4 fl. oz. or ½ cup)  
Meat/Meat Alternate (½ oz. eq.)  
Vegetables (½ cup)  
Fruit (½ cup)  
Grains (½ serving)



Yogurt Dip  
Made with ¼ cup (2 oz.) Yogurt

Yogurt must not contain more than 23 grams of sugar per 6 oz.

½ cup Bell Pepper Strips

**Sample Snack**

**Note:** Serving sizes are minimums.

Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.



Food and Nutrition Service  
FNS-667  
August 2017  
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# Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

## Sample Meals for Children Ages 3-5



### What is in a Breakfast?

Milk (6 fl. oz. or  $\frac{3}{4}$  cup)  
Vegetables, Fruit, or Both ( $\frac{1}{2}$  cup)  
Grains ( $\frac{1}{2}$  serving)

**Optional:** Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

$\frac{1}{2}$  serving  
Whole Grain-Rich  
Mini Pancakes



Sample Breakfast

$\frac{1}{2}$  cup  
Sliced  
Strawberries

$\frac{3}{4}$  cup  
Unflavored  
Low-Fat (1%)  
or Fat-Free  
(Skim) Milk

$\frac{3}{4}$  cup  
Unflavored Low-Fat (1%)  
or Fat-Free (Skim) milk



1 Taco  
Made with  
 $1\frac{1}{2}$  oz.  
Lean Ground Beef,  
 $\frac{1}{4}$  cup  
Lettuce\*, and  
 $\frac{1}{8}$  cup  
Chopped Tomatoes

$\frac{1}{2}$  serving  
Enriched Flour Tortilla



Sample Lunch/Supper

$\frac{1}{4}$  cup  
Roasted Sweet  
Potatoes

A second, different vegetable may be served in place of fruit at lunch and supper. In this meal, the  $\frac{1}{4}$  cup of lettuce and  $\frac{1}{8}$  cup of tomatoes in the taco meets the vegetable component, and the  $\frac{1}{4}$  cup of sweet potatoes is used to meet the fruit component.

\*Raw leafy greens, such as lettuce, credit for half the amount served. The  $\frac{1}{4}$  cup of lettuce in the taco counts as  $\frac{1}{8}$  cup of vegetables in this meal.

### What is in a Lunch or Supper?

Milk (6 fl. oz. or  $\frac{3}{4}$  cup)  
Meat/Meat Alternate ( $1\frac{1}{2}$  oz. eq.)  
Vegetables ( $\frac{1}{4}$  cup)  
Fruit ( $\frac{1}{4}$  cup)  
Grains ( $\frac{1}{2}$  serving)



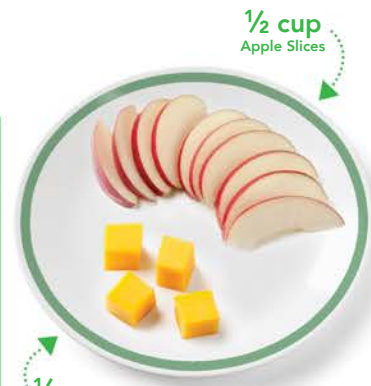
All grains served must be whole grain-rich or enriched.  
Breakfast cereals may also be fortified.  
At least one grain served each day must be whole grain-rich.

### What is in a Snack?

Pick 2:  
Milk (4 fl. oz. or  $\frac{1}{2}$  cup)  
Meat/Meat Alternate ( $\frac{1}{2}$  oz. eq.)  
Vegetables ( $\frac{1}{2}$  cup)  
Fruit ( $\frac{1}{2}$  cup)  
Grains ( $\frac{1}{2}$  serving)



Offer and make water available all day.



$\frac{1}{2}$  cup  
Apple Slices

$\frac{1}{2}$  oz.  
Cheddar Cheese

Sample Snack

**Note:** Serving sizes are minimums.

Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.



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# CHILD AND ADULT CARE FOOD PROGRAM: BEST PRACTICES

The updated CACFP meal patterns lay the foundation for a healthy eating pattern for children and adults in care. USDA also developed optional best practices that build on the meal patterns and highlight areas where centers and day care homes may take additional steps to further improve the nutritional quality of the meals they serve. The best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants' consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.

## CACFP Best Practices

USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care:



### Infants

- Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.



### Vegetables and Fruit

- Make at least 1 of the 2 required components of a snack a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.
- Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.



### Grains

- Provide at least two servings of whole grain-rich grains per day.



### Meat and Meat Alternates

- Serve only lean meats, nuts, and legumes.
- Limit serving processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced fat-cheeses.



### Milk

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.
- Serve water as a beverage when serving yogurt in place of milk for adults.

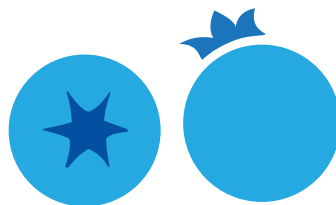
## Additional Best Practices

- Incorporate seasonal and locally produced foods into meals.
- Limit serving purchased pre-fried foods to no more than one serving per week.
- Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas).
- Adult day care centers should offer and make water available to adults upon their request, throughout the day.

## Resources

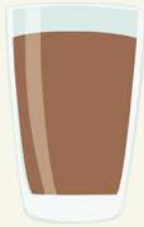
Find useful tips and strategies to help you incorporate the best practices into your every day meal service:

- **Nutrition and Wellness Tips for Young Children:** Child care providers can use these tips to incorporate key recommendations and best practices into their menus and daily schedules.
- **Feeding Infants:** This guide presents information on infant development, nutrition for infants, breastfeeding and formula feeding, feeding solid foods, sanitary food preparation, safe food handling, and much more!
- **Healthy Meals Resource System:** CACFP centers and day care homes will find more menu planning tools, recipe ideas, and additional tips and ideas to help implement the updated meal patterns and best practices, such as hosting taste tests to help introduce and get children excited about new foods and menus.
- **Team Nutrition Resource Library:** Visit the Team Nutrition Resource Library for free nutrition education materials to further reinforce and complement the nutrition messages taught by serving healthful foods.
- **MyPlate:** Resources found on the MyPlate website can help CACFP centers and day care homes identify healthier options to ensure menu choices contain the most nutrients children need to grow.
- **ICN Education and Training Resources:** The Institute of Child Nutrition's resources provide education and training opportunities to help provide nutritious meals in CACFP homes and day care settings.



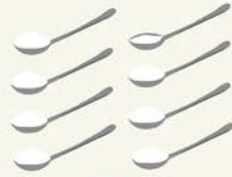
# Dr. Wei Hidden Sugars

**CHOCOLATE MILK**  
ONE 8 OZ GLASS



25 - 29 GRAMS OF SUGAR

7.25 TEASPOONS



OR

1 SNICKERS BAR

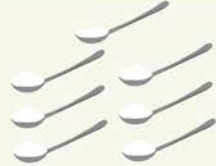


**JUICE**  
ONE 8 OZ GLASS  
100% APPLE JUICE



27 GRAMS OF SUGAR

6.75 TEASPOONS



OR

1 FUDGE BROWNIE



**CAPRI SUN**  
ONE 6 OZ POUCH



16 GRAMS OF SUGAR

4 TEASPOONS



OR

5 THIN MINT  
GIRL SCOUT COOKIES



**COKE**  
ONE 12 OZ CAN



39 GRAMS OF SUGAR

9.75 TEASPOONS



OR

1.5 SCOOPS OF  
BASKIN ROBBINS ICE CREAM



**COKE**  
ONE 20 OZ BOTTLE



65 GRAMS OF SUGAR

12.25 TEASPOONS



OR

2.6 SCOOPS OF  
BASKIN ROBBINS ICE CREAM



**MINUTE MATE**  
ONE 20 OZ BOTTLE



67 GRAMS OF SUGAR

16.75 TEASPOONS



OR

2.5 CUPCAKES



**VITAMIN WATER**  
ONE 20 OZ BOTTLE



33 GRAMS OF SUGAR

8.25 TEASPOONS



OR

9.4 OREO COOKIES



# Dr. Wei Hidden Sugars (continued)

**DANIMALS YOGURT DRINK**

2.5 TEASPOONS OF SUGAR

OR

2 NEWMAN-OS

10 GRAMS PER BOTTLE

**GO-GURT YOGURT TUBE**

2.5 TEASPOONS OF SUGAR

OR

2.5 OREO COOKIES

10 GRAMS PER TUBE

**YOGABY ORGANIC YOGURT**

3 TEASPOONS OF SUGAR

OR

1.5 POPSICLES

12 GRAMS PER CONTAINER

**STARBUCKS FRAPPUCINO DRINK**

11.5 TEASPOONS OF SUGAR

OR

11.5 POWDERED SUGAR DONETTES

46 GRAMS IN ONE BOTTLE

**RED BULL ENERGY DRINK**

6.75 TEASPOONS OF SUGAR

OR

1.6 KREME DONUTS

27 GRAMS IN 8 OZ CAN

**SOBA SODA**

8.25 - 9.75 TEASPOONS OF SUGAR

OR

2.5 - 3 CHOCOLATE FROSTED DONUTS

33-39 GRAMS PER 12 OZ CAN

**EDYORANGE**

5.25 TEASPOONS OF SUGAR

OR

1 SERVING BEN & JERRYS CHERRY GARCIA ICE CREAM

21 GRAMS PER 12 OZ

**HAWAIIAN PUNCH**

7.25 TEASPOONS OF SUGAR

OR

3.6 POPSICLES

29 GRAMS IN 8 OZ CLASS



# Healthy Celebrations



Holidays and celebrations are exciting and special moments in children’s lives! ECE programs can support healthy habits by celebrating events in a healthy way. As children grow, they begin to learn the significance of celebrations and holidays. The earlier children learn to celebrate in a healthy way, the easier it is to convince them that healthy celebrations can be fun. Older children may be more skeptical of changes to celebrations, so make changes slowly and explain to them why celebrating in a healthy way is important. Here are some suggestions to help plan a fun and healthy celebration:

## General Tips

- Celebrate holidays in ways that don’t focus on food: sing songs, play games or do an art project.
- Encourage children to help you make a special, healthy treat.
- Think of healthy alternatives to traditional party foods such as fruit kebabs, pita pizza or mini muffins instead of a large cake. If you feel strongly about having a traditional treat, make healthy substitutions (e.g., substitute unsweetened applesauce for oil in cakes, cupcakes, breads and muffins).
- If you provide favors for birthdays or small gifts for holidays, try small age-appropriate toys like stickers, crayons, modeling dough or trading cards instead of sweets.
- Make a piñata for the class and fill it with small favors (e.g., crayons, stickers, temporary tattoos, scarves or small, age-appropriate small favors) instead of candy.



## Suggestions for Healthy Celebration Foods

- Fruit smoothies (blend ice, fresh or frozen fruit, fat-free yogurt, and fat-free milk)
- Birthday kabobs (use a straw instead of a sharp stick) with any kind of fruit
- Small low-fat oatmeal cookies or whole grain fig cookies
- Prepare one of the children’s favorite dishes (in a healthy way) and serve snack-size portions for the class.
- 100% fruit juice freezer pops
- Fruit pizzas using whole grain tortillas topped with low-fat whipped cream and fruit
- Make ice cream cone cakes. Fill ice cream cones with pudding (made with fat-free milk) and decorate with sprinkles.
- Make-your-own pizzas using whole grain English muffins and veggie toppings.
- Mini cupcakes or muffins (decreasing portion size is good, too!)



Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a five-year Cooperative Agreement (1U58DP004102-01) to support states/localities in launching early care and education learning collaboratives focused on childhood obesity prevention. The views expressed in written materials or publications, or by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



## Suggestions for Healthy Foods for Celebrations:

### 8 - 12 Months

- Pureed or soft fruits and vegetables cut into ¼ inch cubes
- Whole grain crackers
- Shredded or cubed ¼ inch natural cheese
- Plain yogurt (made with whole milk)
- Water, formula or breast milk

### 1 - 6 Years

- Fresh, frozen or canned fruits and vegetables cut into small pieces
- Whole grain crackers
- Low-fat cheese cubes or string cheese
- Low-fat or fat-free yogurt
- Water or milk (following age recommendations)

### 6 - 12 years

- Fresh, frozen or canned fruits and vegetables
- Whole grain crackers
- Cheese cubes or string cheese
- Low-fat or fat-free yogurt
- Water, 1% (low-fat) or fat-free milk, 100% juice

## Healthy Ways to Celebrate:

- Allow children to help plan activities and a healthy menu to complement the celebration.
- Serve healthy foods that are the holiday's traditional colors. For example, serve cantaloupe, pumpernickel bread and low-fat cheddar cheese balls at a Halloween party, or vanilla yogurt with blueberries for Hanukkah.
- Decorate using fun holiday centerpieces made out of fruits and vegetables.
- Pass out party favors that promote physical activity (e.g., jump ropes, balls or Frisbees®).
- Plan parties at locations that encourage physical activity, such as a local park, pool or playground.
- Honor the birthday boy or girl with treats other than food, such as allowing them to choose a game or special activity or letting them wear a special crown, sash or badge on their birthday.
- Let children choose a favorite book to read to the class or a favorite physical activity.
- Take a field trip or walk to a fun new destination.
- Host a treasure hunt around the early care and education program, playground or neighborhood.



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## Menu Analysis Activity – Sample Sample Weekly Menu (for Children age 2 years and older)

### ACTIVITY SHEET ONLY!\*

| Week  | Monday                      | Tuesday                  | Wednesday           | Thursday            | Friday                        |
|---|-----------------------------|--------------------------|---------------------|---------------------|-------------------------------|
| <b>BREAKFAST</b>  |                             |                          |                     |                     |                               |
| <b>Milk</b>   | 1% or Fat-free Milk         | 1% or Fat-free Milk      | Whole Milk          | 1% or Fat-free Milk | 1% or Fat-free Milk           |
| <b>Vegetables, Fruit, or Both</b>   | 100% Orange Juice           | Banana Slices            | Cantaloupe          | Strawberries        | Peaches                       |
| <b>Grains</b>   | Kix®                        | Donuts                   | Wheaties®           | White Toast         | Cheerios®                     |
| <b>Meats/Meat Alternates</b><br>(optional—can replace a grain at breakfast no more than 3 times per week) | Yogurt                      | Cottage Cheese           | Scrambled Egg       | Cottage Cheese      | Yogurt                        |
| <b>LUNCH</b>  |                             |                          |                     |                     |                               |
| <b>Milk</b>   | 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           |
| <b>Fruits</b>   | Applesauce                  | Salad                    | Pears               | Mixed Fruit         | Apple Slices                  |
| <b>Vegetables</b>   | Green Beans                 | French Fries             |                     | Broccoli            | Cucumber Slices               |
| <b>Grains</b>   | Whole Grain Dinner Roll     | Whole Grain Hot Dog Roll | Rice                | White Bread         | Velveeta® Macaroni and Cheese |
| <b>Meats/Meat Alternates</b>  | Baked Turkey Breast         | Hot Dog                  | Fish Sticks         | Bologna & Cheese    | Baked Chicken Breast          |
| <b>SNACK</b>  |                             |                          |                     |                     |                               |
| <b>Milk</b>   | —                           | —                        | —                   | —                   | —                             |
| <b>Fruits</b>   | 100% Apple Juice            | Blueberries              | Watermelon          | —                   | Pineapple                     |
| <b>Vegetables</b>   | —                           | —                        | —                   | Cucumbers           | —                             |
| <b>Grains</b>   | Mini Whole Grain Rice Cakes | —                        | —                   | Crackers            | —                             |
| <b>Meats/Meat Alternates</b>  | —                           | Yogurt                   | Real String Cheese  | —                   | Cottage Cheese                |
| <b>Beverage</b>   | Water                       | Water                    | Water               | Water               | Water                         |

\*Do not copy and use for claiming meals in CACFP







# LOCAL PROCUREMENT FOR FAMILY CHILD CARE PROVIDERS

## Stay Informed

Join our network:

[www.farmtoschool.org](http://www.farmtoschool.org)

Twitter

@FarmtoSchool

Facebook

<http://on.fb.me/nfsnf2s>



**NATIONAL  
FARM to SCHOOL  
NETWORK**

### GROWING STRONGER TOGETHER

The National Farm to School Network is an information, advocacy and networking hub for communities working to bring local food sourcing and food and agriculture education into school systems and early child care settings.

**F**arm to preschool enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices in early care and education programs. Young children gain access to healthy, local foods as well as education opportunities such as edible gardens, cooking lessons and farm field trips. Farm to preschool empowers young children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

### Options for purchasing local food

There are many different types of farm to preschool activities. One option is to serve local food in meals and snacks. Spring is the best time of year to begin planning food purchases since summer and fall are peak harvest seasons for farmers. Family child care providers can most easily find locally-grown food in the following ways:

**1 Your local farmers' market.** You can shop at a nearby farmers' market, or arrange with a farmer in advance to pick up a larger order at the market. Find a market near you at <http://search.ams.usda.gov/farmersmarkets/>

**2 Your local grocery store or food co-op.** Many grocery stores and co-ops carry locally-grown food. Look for signs or labels that say where the food came from, or if it's not labeled, ask!

**3 A Community Supported Agriculture (CSA) program.**

Food purchased through a CSA is often paid for up front. Then, weekly boxes of fresh fruits and vegetables are delivered or available for pick-up all season long. A CSA provides a good chance to try new foods and to learn what's in season and when. If using a CSA, speak to your farmer for ideas and recipes so that you're able to use the variety of produce that you receive.

**4 An edible garden.** Edible gardens are perfect for smaller amounts of produce. Fun, easy foods to start with include snap peas, radishes, lettuce, herbs, cucumbers and squash. If you are unsure about your soil quality or have limited space to grow, consider growing food in pots or containers. Contact your county's Cooperative Extension for advice on starting, maintaining and harvesting from a garden in your region: [www.csrees.usda.gov/Extension/](http://www.csrees.usda.gov/Extension/)



### CACFP and local food

Did you know that if you participate in the Child and Adult Care Food Program (CACFP), you can use those funds to do things like buy food from farmers' markets and plant edible gardens? For more information, see pages 111 (gardens and nutrition education) and 152 (procurement) of the CACFP Financial Management guide: <http://www.fns.usda.gov/sites/default/files/796-2%20Rev%204.pdf>

The National Farm to School Network has compiled additional resources on this topic and others. Find more information and join our network at: [www.farmtoschool.org](http://www.farmtoschool.org)

## Tips for child care providers

Serving local food in meals and snacks is rewarding, but there can be a learning curve. Here are some things to think about:

- **Start small!** Begin by deciding which local foods you want to serve. It works well to start in the summer or fall when lots of local food is available. Or, start with one local item each month.
- **Define "local." You get to decide.** Local can mean within your county, in your state or in your region. Consider your area's growing season and the types of foods that grow near you.
- **Ask questions.** It's okay to ask farmers questions about their products. Things you might want to ask about include pricing, available quantities, delivery, food safety and liability insurance.
- **Fruits and vegetables are an easy place to start.** Purchasing local milk can be easy, too. Other options for local foods include: flour, meat, eggs, beans or seafood.
- **Make a monthly calendar.** It's helpful to decide in advance which foods you want to serve in which months since different foods are available at different times of the year. Prioritize serving fresh items when they are available.
- **Start by purchasing items that can be used in their whole form or that can be easily cut up and prepared.** For example, small apples or pears, berries, sweet peas or potatoes that can be left whole for baking are all good places to start. Some products that can be easily sliced/chopped and ready to serve are: tomatoes, cucumbers, carrots and broccoli.
- **Farmers are often willing to offer discounts on large purchases.** If you have room for storage, think about buying larger quantities of foods that keep well, such as: apples, carrots, winter squash, sweet potatoes, frozen berries, beans and grains.

## Farm to preschool in action: Highland Park, California

Maria Elena "Mini" Gonzalez is the owner of Mini Family Child Care in Highland Park, Calif. She has operated her center for over 14 years, serving 12-14 children per day, ages 6 weeks to 8 years old. Last year, Mini joined the farm to preschool program at Occidental College as a pilot site and has been implementing the program ever since. With the encouragement of a strong parent base of supporters, Mini continues to source fresh fruits and vegetables—and even children's books—from the local farmers' market down the street on Tuesday evenings. Mini routinely purchases anywhere between \$80-\$120 of fresh fruits and vegetables to serve as breakfast, lunch and snacks to children the entire week.



Mini Family Child Care in California

Prior to the farm to preschool program, Mini purchased all her produce from Food4Less, a local grocery store. Now, she routinely sources her produce from the farmers' market because it reminds her of growing up in her hometown in Mexico, where she'd always go to the weekend *tianguis* with family and friends to buy necessities and socialize. Mini likes providing nutritiously delicious food that is pesticide-free to her students; she likes trying new things; and produce is often cheaper than at the local grocery store or even Costco. At first, her biggest challenge was storing all the produce and making sure that she didn't forget anything; she has since dedicated a refrigerator to storage, buys ripening produce so it will last longer, and takes her weekly menu and recipes to the farmers' market so she doesn't forget anything.

## Convenience Foods Activity

Instructions: Use your knowledge of the CACFP guidelines to determine if all the food components are being met. Feel free to use the *Child and Adult Meal Pattern Requirements Worksheet* as a guide.

ABC Family Child Care uses many convenience foods. The provider, Ms. Jessica, finds using the convenience foods to be easier to serve when serving children of all ages at once. Below is her menu for today:

- 1 slice frozen double cheese pizza
- ¼ cup peaches
- ¼ cup chicken noodle soup
- ¾ cup milk

For children **aged 3-5 years**, use the chart below to determine the following:

- Have the food components been met?
- If not, what additional foods need to be added?

| Menu                        | Food Component Contribution | Serving Component Amount Required | Serving Amount Provided | Food Components Met – Yes/No? | Additional Food Item Needed | Additional Serving Size Needed |
|-----------------------------|-----------------------------|-----------------------------------|-------------------------|-------------------------------|-----------------------------|--------------------------------|
| Double Cheese Pizza 1 slice |                             |                                   |                         |                               |                             |                                |
| Peaches ¼ cup               |                             |                                   |                         |                               |                             |                                |
| Chicken Noodle Soup         |                             |                                   |                         |                               |                             |                                |
| Milk ¾ cup                  |                             |                                   |                         |                               |                             |                                |

## Childhood Obesity Awareness Month

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|---|--|---|---|--|---|---|
|   | <b>1 Labor Day</b> - Take the AHA EmpowerMENT Challenge! <a href="http://www.heart.org">www.heart.org</a>  | <b>2</b> Ask your center director about <i>Healthy Way to Grow!</i>   | <b>3 Walking Wednesdays</b><br>Take the first step. Start walking! Why? It's easy, it works and it pays!        | <b>4</b> Think of all the foods that begin with the letter 'S' (strawberries, spinach, squash. . . ) Pronounce the 's' sound and words for your child to imitate.    | <b>5 Fit Friday</b> Begin a family tradition. Every Friday plan to prepare dinner and have family mealtime together.  | <b>6 September Salad</b> Take a trip to your local farmer's market for seasonal foods to put in your salads.  |
| <b>7 Grandparents Day</b><br>Make a favorite family recipe healthier by substituting similar ingredients: low-fat instead of full-fat cheese or sour cream, natural applesauce instead of oil for baking, whole wheat instead of regular pasta. | <b>8</b> Cut the rind off a seedless watermelon and chop into chunks. Mash or blend until smooth for a cool, refreshing drink.   | <b>9</b> Plan a family outing to the library. Check out "The Berenstain Bears and Too Much TV" by Stan & Jan Berenstain. Turn off your tv and read the book together! | <b>10 End of Summer</b><br>Before the days get much shorter, take a walk with your child before or after dinner | <b>11</b> Encourage families to drink water by flavoring with lemon lime, or orange slices.  | <b>12 Rainbow Run</b> - When you go outside, encourage your preschooler to move by saying, "When I say a color of the rainbow, run and touch something of that color." Take your toddlers hand and move together. | <b>13 Steps on Saturday!</b><br>Count the steps you and your child take from one room to another or from the house to the car. Count out load to your baby as you carry from one spot to another.           |
| <b>14 Sunday Salmon</b> Treat the family to broiled salmon for a special nutritious dinner.   | <b>15</b> Give toddlers plastic measuring cups and a spoon; 3 year olds will help rinse produce; 4 year olds can squeeze fruit juice and 5 year olds can grate cheese. | <b>16 Tag- You're it!</b> Tag your child and move away for them to chase you. Duck down and up for babies to look for you.  | <b>17</b> Use your library card to check out the book, <i>I Went Walking</i> by Sue Williams & Julie Vivas.     | <b>18</b> Rinse and cut broccoli, zucchini, red peppers, celery and carrots into different shapes to create faces on a paper plate.                                  | <b>19</b> Have children pack a family member's lunch. You may be surprised by what children choose. Talk about whether or not each of the items is a healthy choice.  | <b>20</b> Nickelodeon, a children's television network for <b>Worldwide Day of Play</b> is going off the air for three hours in order to encourage kids to go outside and play. Join by turning off the tv. |
| <b>21</b> Hold up a potato and say "root food" and squat down. Hold up a lemon-say "top food". Jump or reach up. Take turns with your child.  | <b>22</b> During bath time talk with your children about their bodies. Name body parts and talk about healthy habits.  | <b>23.</b> Cut banana or apple into chunks. Spread with almond butter or cream cheese and roll the chunks in cereal for a healthy snack!                              | <b>24</b> Hold your child's hand and walk at their pace, swinging your arms.                                    | <b>25</b> First thing in the morning take a deep breath and stretch your arms up high. Exhale and touch the floor. Babies will watch and older children imitate you. | <b>26</b> Run in place with your child and check to feel your heart speed up  | <b>27</b> Cut out magazine pictures of food. At the store, ask your child to help you find the food that matches the picture.   |
| <b>28 Birds Nest</b> Place a bagel in a pan with 1 tbspn. olive oil. Crack an egg into the hole and cook. Add spinach around the sides.   | <b>29</b>  | <b>30</b> Last day of the EmpowerMENT Challenge! How did you do?  |   |  |   |   |

## Learning Session 2: Provider Guide

# Learning Session 2: Nurturing Healthy Eaters & Providing Healthy Beverages

Provider Name: \_\_\_\_\_

Provider Enrollment ID: \_\_\_\_\_

### Learning Session 2 Action Period:

Complete before Learning Session 3 (LS3):

- Begin to implement changes in the areas of child and family; and
- Start a storyboard to document and communicate healthy changes in your program.
- Bring the following items back to Learning Session 3:
  - *Action Plan Worksheet*





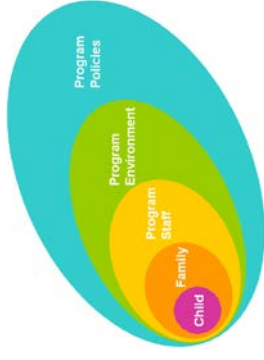
# Task 1: Action Plan

## What is Our Role in Making Healthy Changes?

Review your Action Plan and next steps:

- If you did not finish drafting the action steps at the Learning Session, use the *Action Plan Worksheet* to complete the “child” and “family” columns;
- Using the *Action Plan Worksheet*, review the “child” and “family” columns;
- Work to implement changes in the areas of child and family; and
- Start documenting and communicating the process of healthy changes on a storyboard.

## Action Plan Worksheet



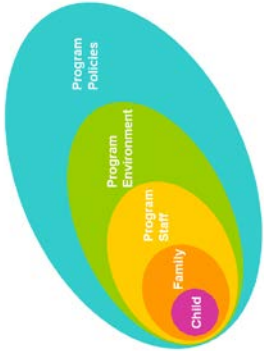
Start Date: January 2018

Provider Name:

Goal: Revise the menu over a three month period to align with best practices for fruits, vegetables, whole grains, and elimination of fried foods.

| Child   | Family   | Provider   | Environment   | Policies  |
|---|--|--|---|---|
| <p>Model curiosity and enjoyment of healthy foods during all meals and snacks (Ongoing)</p> <p>Discuss new menu changes with the children and how they help them grow up strong and healthy! (February)</p> <p>Develop taste tests and graph the results of the children's preferences for new foods (February)</p> | <p>Ask families for healthy food recipes to be included on the new menus (February)</p> <p>Work with families to develop an exciting taste test event for children and families to try and then vote on new menu items (February)</p> <p>Send home resources of ways families can promote healthy habits at home (Ongoing)</p> | <p>Learn about best practices through training sessions (January)</p> <p>See if families' healthy recipe ideas can be incorporated into menu (February)</p> <p>Take photos of children enjoying healthy food and share with families (Ongoing)</p> | <p>Develop a bulletin board to share information, resources, and healthy recipes (January)</p> <p>Post menus in home (Ongoing)</p> <p>Develop systems for ordering, storing, and monitoring food (March)</p> <p>Create and hang documentation of children engaged in healthy eating or nutrition activities (Ongoing)</p> | <p>Menus will align with LMCC goals for fruits, vegetables, whole grains, and fried foods (February and ongoing)</p> <p>Include healthy eating policy and rationale in family handbooks (March)</p> <p>Create a healthy celebrations policy (March)</p> |

# Action Plan Worksheet



Start Date:

Provider Name:

Goal:

| Child | Family | Provider | Environment | Policies |
|-------|--------|----------|-------------|----------|
|       |        |          |             |          |



# Task 2: Starting Your Storyboard

## Telling Your Story of Change

As you go through the process of making healthy changes it is important to document your successes you are making. Each Learning Session will prepare you to complete a storyboard for Learning Session 5. This storyboard will reflect the changes that you are making from the goals selected on your *Action Plan Worksheet*.

- Create a storyboard to share your story of healthy change with colleagues, children and families.
  - You will use a tri-fold storyboard to document and communicate the implementation of the Action Plan and the process of change in your program.
  - Create your storyboard by:
    - Describing what change(s) were made and how you did it;
    - Explaining accomplishments and challenges faced;
    - Sharing photos of the implementation process;
    - Describing how children and families reacted to the change(s);
    - Outlining any policies that were updated as a result; and
    - Explaining the next steps you will take to sustain the change(s).
  - You can choose a variety of ways to express your story of change. This includes:
    - Photos of the process including before, during and after the change(s);
    - Anecdotes from families and children;
    - Assessments, observations and reflections;
    - Documents including lesson plans or menus that demonstrate changes; and/or
    - Children’s artwork that describe the healthy changes in the program.
  - Display the boards in your home as you are working on them so that families and children can see and learn what is going on through your efforts to make your program healthier.

**Bring the storyboards to Learning Session 5!**









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