Learning Session 2

The ABC's of a Healthy Me!

Go NAP SACC*

Serving Meals Family-Style & Supporting Breastfeeding

Continue Action Plan & Storyboard

Reducing Screen Time & Celebrating Success

Continuing the process of change

LS1 — Action Period — LS2 — Action Period — LS3 — Action Period — LS4 — Action Period — LS5 — Action Period

Nurturing Healthy Eaters & Providing Healthy Beverages

Action Plan

Getting Kids Moving

Continue Action Plan & Storyboard

*G@NAP SACC is a Nutrition and Physical Activity Self Assessment for Family Child Care for FCC providers comparing their current practices with a set of best practices

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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.

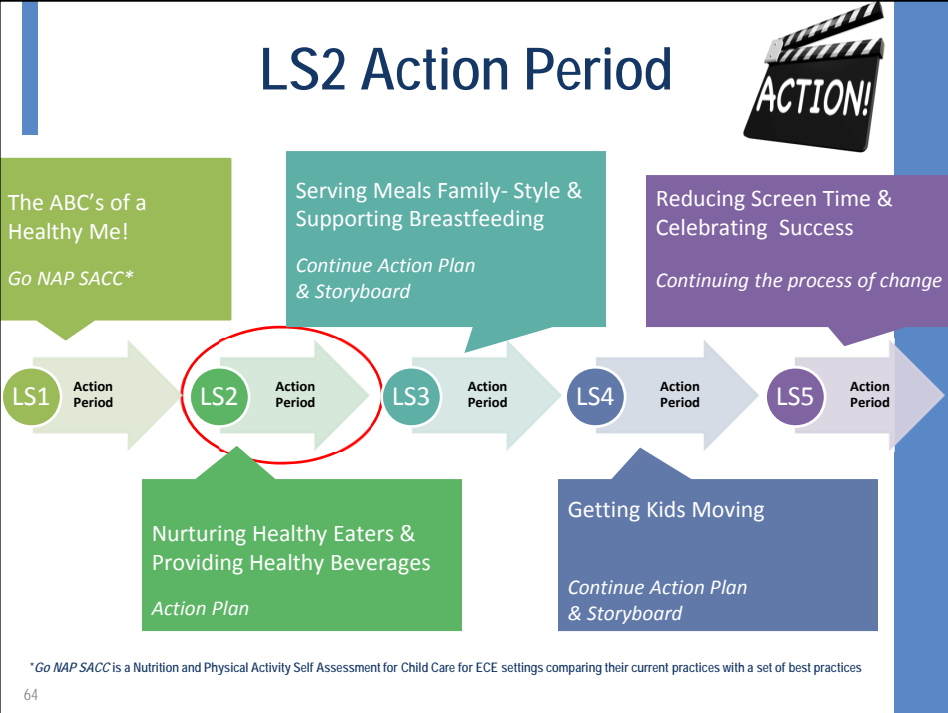3. Start creating a storyboard to document and communicate the process of healthy change.

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Technical Assistance Groups

Action Plan

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LS2 Action Period

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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
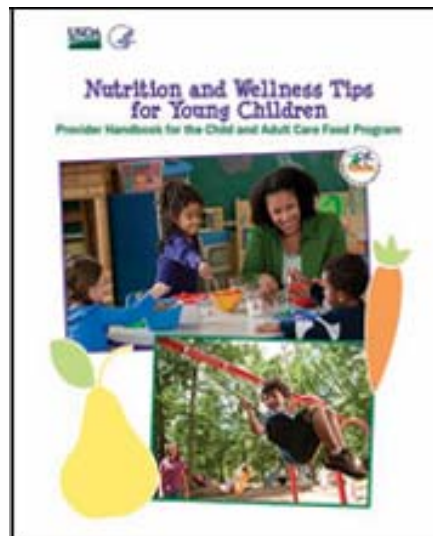
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Healthy Weight

- **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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CACFP Handbook

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Resources

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

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