

National ECELC Newsletter



March is National Nutrition Month!

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Fun ideas to get kids involved in National Nutrition Month

"Put Your Best Fork Forward" is the theme for the 2017 National Nutrition Month which serves as a reminder that each of us holds the tool to make healthier food choices. Check out these activities that can help guide your kids toward healthier eating styles.

- Plan a cooking demo or nutrition event. Invite a dietitian, restaurant chef or local culinary school to conduct a cooking demo combined with a brief nutrition presentation.
- Contact the local library and schedule a story time or a poster coloring contest for kids.
- Plan to eat more meals together as a family during National Nutrition Month
- Start a school vegetable garden by planting seeds indoors or in the ground.
- Take a field trip to a farmers market or a local farm.
- Highlight ethnic and cultural food traditions. Offer special menu items from international cuisines (Asian, Mediterranean, Mexican, etc.) or regional foods of the United States.
- For more fun recipes, visit [USDA What's Cooking](#)

The National ECELC

Welcome to the National Early Care and Education Collaboratives Project (ECELC) Newsletter! We hope this newsletter is helpful as we offer supplemental information to help you prepare for the Learning Sessions and provide technical assistance to early care and education (ECE) providers. Topics within each newsletter will emphasize areas outlined in the *Lets Move!* Child Care goals including healthy eating, physical activity, screen time, and breastfeeding support. We hope you enjoy it!

-The National ECELC Team

Resources for Providers

National CACFP Week

CACFP Week is a national education and information campaign from March 12-18th, sponsored annually by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger and bring healthy foods to the table for adults in day care and children in child care homes, centers, and in after-school and summer feeding programs across the country. You can check out and "LIKE" www.facebook.com/NationalCACFP for CACFP week posts to share with your providers and friends during CACFP week and everyday!

Indiana Success Story on Nurturing Healthy Eaters

Marc Goeglin moved into the role of director at the Early Childhood Alliance-Beacon Center in Indiana. His initial goal was to implement family style dining into the program, but he began to think of a fun and interactive way to introduce...

[Read more about this success story>>](#)

Additional resources can be found on the *Let's Move!* Child Care website: www.healthykidshealthyfuture.org

Questions?

Please contact your State/Local Project Coordinator or ECELC at Nemours ecelc@nemours.org

It's time to go GREEN!

Celebrations in March aren't just reserved for National Nutrition Month. March is also the month where many people get into the spirit of hosting Irish themed parties. Here are some toddler activities you and your child will enjoy this St. Patrick's Day.



Take a Walk and See if You Can Find Green Things

St. Patrick's Day is all about the green, so take this opportunity to teach your child about this color. Since this day also marks the beginning of spring in most areas, taking a walk around the neighborhood or to a park will likely yield plenty to talk about. Ask your child simple yes and no questions like, "Is this green?" when pointing to something of another color to see if he is acquiring the concept of the color.

Drink Green Milk Shakes

Mix up 1 cup almond milk (or dairy milk or coconut), 1 banana, ½ cup of frozen pineapple, strawberries, or mango and 2 handfuls spinach. Place all ingredients into blender and blend on high for 1 minute or until all the ingredients are combined and smooth. Your kids will love it!

Don't Forget to Wear Green

Allow your child to pick out their own green outfit. This will encourage them to acquire independence. You can make it even more fun by hiding a special green item in a drawer like a new green pair of socks. You can also change the rules a bit, instead of pinching, try tickling!

Resources:

[St. Patrick Toddler Activities](#)

[EatRight.Org](#)

[National CACFP Week](#)



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