Cooking Matters for Child Care Professionals

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90% of a child’s brain development happens before age 5

Source: Harvard Center for the Developing Child
Rituals can easily be established...

- Preparing the foods to be served
- Setting the table
- Serving food
- Conversation
- Cleanup
Short video will be shown
Nearly 25 years of partnering with hundreds of organizations nationwide to deliver Cooking Matters programming to 500,000 people, empowering them to maximize their food resources for healthier meals at their table.
Cooking Matters for Child Care Professionals (CMCCP)

1: Creating Positive Mealtime Attitudes
2: Safe Cooking with Confidence
3: Choosing Healthy Foods for Kids
4: Meals That Appeal to Kids
5: Menu Management on a Budget

See CMCCP Program Overview Handout
CMCCP Features

- Based on Dietary Guidelines & MyPlate
- Introduces and gives practice with CACFP
- Flexible implementation
- Provides 10 hrs of professional training
  - Often CE approved
- Scalable recipes
- No cost to participate
Participants Tell Us

• 63% are serving more vegetables in their daycare
• 60% are serving more fruits in their daycare
• 60% are serving more whole grains in their daycare
• 83% improved their cooking skills
[The Course] Made me more aware on what I am feeding the children and great ideas on how to get them to try new things. – CMCCP Participant

...is excited to incorporate new ideas for making food more fun and engaging teachers in mealtime discussion and rituals.

...is eager to increase children’s exposure to - and positive experiences with - healthy foods through classroom gardening and age-appropriate cooking projects.

- Healthy Way to Grow Center in CO
Availability

12 Partners offered CMCCP in the last year
Penn State Better Kid Care

Provides evidence-informed professional development for early care and education and out-of-school time professionals to improve the quality of their care and educational practices.
Partner for Success

- Department of Defense, Military Community and Family Policy, USDA/NIFA and the University of Nebraska Extension (CYTTAP)
- Centers for Disease Control Obesity Prevention Branch (LMCC)
- Nemours. Children’s Health System
- University of Nebraska Extension: Noyce Foundation
- Share our Strength
- Healthy Weight Commitment Foundation
- PA Office of Child Development and Early Learning (DHS/PDE)
- Pottstown Area Health and Wellness Foundation
- PA Department of Health
- PA Department of Education
- PSU Clearinghouse for Military Family Readiness
- PSU Integrated Pest Management
- PSU Child Study Center
- PSU Eberly College of Science Outreach
Program Components

• Web-based *On Demand* self-directed learning
• Print-ready professional development resources
• Instructor resources
• Monthly e-newsletter
• Social media
• Video vodcasts with discussion starters
Figure 8-1.
Factors that contribute to quality professional practice and ultimately to improving child outcomes.
Professional Development Priorities

- **Science to practice**: translate into understandable and meaningful messages

- **Caregiver/teacher as role model**: demonstrate healthy behaviors and caregiver wellness

- **Caregiver/teacher as connector**: connect children and families to programs and services
Penn State Better Kid Care On Demand State Approval

42 states and Washington DC

Approved states
In process

31st Annual National CACFP Conference
San Diego, CA • April 18-20, 2017
Aligned with State Competency Areas
On Demand Statistics

Program type

- 10% Home-based
- 67% Center-based
- 11% public pre-K
- 8% school-aged

Primary Role
- 34% Asst Teacher
- 30% Lead Teacher
- 25% All Others
- 11% Director

CACFP 35%
receive subsidies for limited resource families

48% High school / GED

54% 5+ years in this profession

64% White
24% African American
8% Hispanic

Statistics as of: 10/16
On Demand Statistics

Statistics as of: 10/16

31st Annual National CACFP Conference
San Diego, CA · April 18-20, 2017
Sign into Better Kid Care On Demand at:
extension.psu.edu/youth/betterkidcare/on-demand
Set up an account

Better Kid Care!
The professional development hours awarded by Better Kid Care (one or two hours) include time spent reading content, watching module videos, checking your knowledge, completing reflection and application exercises, and taking the post assessment. Because some of these activities may be completed away from the screen, total hours awarded may not equal dedicated screen time.

Research shows that professionals who continue learning offer higher quality care to children and youth. Our online lessons were created for professionals like you who want to learn to enhance programs for children and youth. No more than 8 hours of On Demand professional development will be awarded in one calendar day.

Sign In
What is your e-mail address?

My e-mail address is:

Do you have a Better Kid Care password?

- No, I am a new customer.
- Yes, I have a password: (password not hidden)

Forgot your password? Click here

Continue
### On Demand Web Lessons

**Lessons**
- All New Releases
- All On Demand
- In Progress On Demand
- Lesson Series or Courses
- By CDA Code
- By Content Area (CKC)
- By Age Group
- By Discussion Forum
- Lecciones en Español
- Completed
- State Approved Lessons
- Test

**Your Account**
- Profile
- Change Password
- Employee/Business
- Credit Card Transactions
- Lesson Prepayment

**Discussion Forum Info**

**Help**
- Frequently Asked Questions
- OnDemand User Manual
- Video Tutorials
- Contact Better Kid Care

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**All On Demand Lessons (click lesson title)**

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<th>Lesson Title</th>
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<th>Fee</th>
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<td>A Good Night's Sleep: How Sleep Affects Health (K7.3 C1) (CDA2) 2hr</td>
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<tr>
<td>Achieving 21st Century Skills through Project-Based Learning (K2.7 C1) (CDA2) 2hr</td>
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<td>Active Children are Learning Children (K2.14 C1) (CDA2) 2hr</td>
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<td>Activities for Learning Math: Numbers, Colors, and Shapes (K2.15 C1) (CDA2) 2hr</td>
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* There is no fee for these lessons because you are a reviewer of lessons or an employee of Better Kid Care.
Cooking Matters for Child Care Professionals: Basics

Lesson overview
Healthy food is essential for everyone’s well-being. Child care providers play a key role in helping children get needed nourishment and also develop healthy habits. Cooking knowledge and skills enable early care and education professionals to provide healthy, low-cost options for children, to engage in cooking activities with children, and to encourage healthy eating at home. This module introduces many hands-on activities to help improve skills in planning and preparing meals for children as well as engaging them in learning about food.

Lesson information
In this lesson you will read information based on current research. You will view video scenarios from real practitioners in child care and after school programs. You will also complete activities and handouts throughout the lesson that help you apply the information to your early care and education program. Be sure to take notes as you work on this lesson. Click on the link below to open the "Notes page" to record your ideas and observations.

As you work through this lesson there are handouts to download and print. Some handouts are writeable PDFs where responses or information can be typed and then printed. Or you can choose to print the blank handout to complete by hand. The handouts contain activities, additional ways to enhance learning, information to share with colleagues or parents, and strategies to apply what you learned to your child care program.
Lesson objectives

- Examine mealtime attitudes and behaviors to model for children.
- Identify simple ways to modify recipes to make them healthier and cost efficient.
- Describe tools available to guide choices about foods served to children.
- Plan ways to prepare and serve healthy foods so that they appeal to children.
- Practice strategies to save money when food shopping.

Any regulations mentioned in this lesson reflect those of the state of Pennsylvania. No information in the lesson supersedes any state regulations that you need to follow. You should consult the regulations in the state where you work when developing policies and procedures. Regulations for all states are accessible on the National Database of Child Care Regulations for Health and Safety in Child Care and Early Education (NACRE) web site. Open the link at the bottom of the page to view the regulations for your state.
Cooking Matters for Child Care Professionals Goals

Cooking Matters for Child Care Professionals focuses on five goal areas for nurturing healthy eating habits for children within the child care setting.

1. Create positive mealtime attitudes
2. Safe cooking with confidence
3. Choose healthy foods for kids
4. Meals that appeal to kids
5. Menu management on a budget

Each of these five goal areas has supporting objectives to assist the caregiver in reaching these goals. This introductory module examines a few of the basic objectives. The module is meant to encourage caregivers to dig deeper to learn more about nurturing healthy eaters within their programs. The first goal is on the next screen—how to create positive mealtime attitudes and what the caregiver’s role is in the process.

Mealtimes provide an important learning and social opportunity for children.

(photo of children eating a healthy lunch served family style)
Safe cooking with confidence

Whether you are a family-based or center-based provider or part of the food service personnel involved in feeding children in child care, knowledge about cooking and healthy food choices is important for feeding the children in your care. Food safety is critical since children are more vulnerable to food-borne illness. For more specific information about food safety, access the Better Kid Care On Demand module, “Food Safety in Child Care: From Prep to Clean-up.”

Questions often arise around how to make appropriate recipe substitutions or to scale a recipe up to feed a larger number of people. Open the handouts below for some helpful ideas for adjusting recipes and how to use ingredients you may already have or that are less expensive in season to make healthier food choices.

Making Recipes Work for You
Casseroles

Cooking with and for children can be rewarding when the ECE professional has confidence in her own cooking skills.

(photo of Cooking Matters volunteer and ECE professional preparing recipe during training)
Menu management on a budget

One of the most often cited challenges for serving healthy food is the misconception that eating healthy is more expensive. With advance planning that includes establishing a food budget and menu development, healthy choices for meals and snacks can be cost effective while they promote good health. Some of the concepts shared in this section are of interest to families who also strive to provide healthy food at home.

Read the handout below and think about some of the strategies that you already use to plan menus. What new ideas might be helpful for you to implement to make the most of the food dollars allotted in your program? Advance to the video on the next screen to hear experienced child care providers discuss some of the ways they have been able to save money while serving healthy food.

Seasonal fruits and vegetables are often less expensive and add color and variety to meals.

(photo of woman grocery shopping for fresh produce)
Cooking Matters for Child Care Professionals: Basics

After reviewing the "Step-by-Step Menu Planning" handout and watching the video, list any new strategies you have discovered to help you stay within your food budget.

Type your response in the text box to the right.
The most basic and nutritious foods are often placed in areas that are:

- a. Around the perimeter or outer aisles of the store.
- b. Near the checkout counter.
- c. On the ends of the aisle.
Cooking Matters for Child Care Professionals: Basics

Summary
Nurturing healthy eaters in child care is a critical role for early childhood educators. Confidence in cooking skills and practice in menu planning on a budget support the provision of healthy food to young children. With the caregiver as role model, children learn to enjoy new foods and develop positive attitudes about making healthy eating choices. Conversations and outreach to families, centered on food and healthy nutrition practices, provide an ideal opportunity for family engagement and the extension of these healthy practices at home.

Continue your learning
Cooking Matters – The website offers information, recipes, and tips about the Cooking Matters program.
No Kid Hungry – Information about how No Kid Hungry helps children get the food they need.
Congratulations! You have completed the content and activities for this module.

To take the assessment and receive a certificate of completion, click on the BEGIN ASSESSMENT button.
Cooking Matters for Child Care Professionals: Basics

Question 1
What is an example of a helpful comment for modeling positive mealtime attitudes for young children?

- a. Take a bite and then you can have dessert.
- b. Don’t worry, I don’t like it either.
- c. You are such a big boy for eating all your spinach.
- d. These carrots sure are crunchy.
Evaluation Question: How much did you learn in this professional development lesson?

Count of Evaluations: 401
Mean of Evaluations: 3.34

Distribution of Responses:
Evaluation Question: How much of what you learned will you be able to use with the children or families in your care?

Count of Evaluations: 401
Mean of Evaluations: 3.36

Distribution of Responses:
- a great deal
- a lot
- a little
- nothing at all
What participants are saying...

• This series was very exciting for me as meal time is a struggle for me. I am terrible at figuring out what to serve. I am so excited to try the stuffed pitas and letting the children make sandwiches using cucumbers. I am going to make my meal plan for April when I finish!

• Modifying existing menu plans to incorporate healthier choices as well as trying to utilize family style eating to model positive eating behaviors

• I have learned how to stretch our budget better by buying in season fruits and vegetables. And how not to be afraid to let students participate more in preparation.

• Cooking with and for children can be rewarding when the ECE professional has confidence in her own cooking skills. Children enjoy preparation of their own snacks. Use of pictures and simple instructions makes it easy and fun. Seasonal fruits and vegetables are often less expensive and add color and variety to meals. Unit price helps the consumer to accurately compare prices.
Thank you!

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Participate in Cooking Matters for Child Care Professionals

• Current RFP to support in-person: 
  www.cookingmatters.org/grants (open until May 5th)

• http://extension.psu.edu/youth/betterkidcare/ondemand
  (Once in the Better Kid Care system, click on the lesson – 
  Cooking Matters for Child Care Professionals: Basics)