

Let's Move! Child Care National Recognition Winners

Let's Move! Child Care (LMCC) is excited to recognize excellence in early education centers and homes who are participating in the Child and Adult Care Food Program (CACFP), CACFP sponsoring agencies, and State CACFP agencies who are making outstanding efforts to improve child nutrition programs that promote young children's health and prevent childhood obesity.



Active Play!
 Fun Physical Activities
 for Young Children

Child Care Centers

- Will Rogers CDC/State Preschool—California
- West Haven Child Development Center— Connecticut
- Gingerbread House Learning Center— Florida
- MSU Child Development Center— Montana
- Thompson Child Development Center— North Carolina
- Miami Valley Child Development Centers—Ohio
- Fairfax County Public Schools Family and Early Childhood Program/Head Start—Virginia
- Penfield Children's Center—Wisconsin
- Taos Pueblo Head Start—New Mexico



Child Care Homes

- Sandy's Childcare and Preschool—California
- Little Angels Learning Place—Florida
- Little Angels—Pennsylvania
- LadyBugHugs—Kansas
- Cunningham Family Child Care Home—Florida



CACFP Sponsoring Agencies

- Children's Council of San Francisco— California
- Parents In Community Action—Minnesota
- Providers Choice—Minnesota
- Children's Hunger Alliance—Ohio
- Child Care Consultants—Pennsylvania

CACFP State/Territorial/Tribal Agencies

- Bright from the Start: Department of Early Care and Learning—Georgia

Child Care Centers

Will Rogers CDC/State Preschool – California

We began our quest for healthier living by participating in the Healthy Steps for Success collaborative. We increased physical activity by providing more outdoor resources for the children to engage with and began family style dining. We also started planning for an edible garden to grow fruits and vegetables and a health board to provide information to parents on healthy eating. In order for our steps to healthy living to be successful, we knew parent buy in was integral. We began by providing parents with materials from ChooseMyPlate.gov: 10 Tips: Eating Better on a Budget, 10 Tips: Be a Healthy Role Model for Children, and Healthy Eating for Preschoolers. We also provided them with Get Moving Today, a monthly physical activity calendar from Head Start Body Start. Parents are also involved in sustaining the garden by tilling the soil, preparing the garden beds, and planting seeds.

West Haven Child Development Center – Connecticut

We have found it is more effective to incorporate our initiatives and activity into actual instruction time whenever possible rather than emphasize that they are designed to specifically address obesity. Our understanding that all of us learn in different ways—auditory, visual, movement—has helped us be creative in developing education plans that address all of our students' strengths in a variety of ways. We have 30 minutes (at least) of indoor and outdoor exercise that often include different movement and music activities to get us moving! We consider families to be key members of our team. This past year we developed a creative exercise calendar sent to all families. We plan art activities based on "My Plate" so the children can really understand what food items should be in their diets. We also post menus and the "My Plate" poster in the housekeeping area. The teachers designed an entire unit on nutrition and provided families with a "My Plate" homework assignment. We have begun to post a healthy activity idea for parents on a weekly basis on our facebook page and we also use pinterest to share ideas with parents and other centers.

Gingerbread House Learning Center – Florida

Over 50% of the children in our center are refugees representing over 20 countries. Most people think that language is our biggest challenge with these children. That is not the case. Eating and food, is number one. These children have never seen American food let alone tasted it. We take the time to research what and how food is served in these countries.

One discovery made was with our Asian children and meats. A large piece of meat will sit on an Asian child's plate but if you cut it into small pieces, they quickly eat it all. Our African children are used to having their food all mixed together and very wet so when we arrange their food that way, they eat. We believe in providing a diverse, well balanced, healthy diet to our children—low in fat, sodium, and sugars. Using fresh meat, vegetables and fruits is the key to accomplishing our goal. The cost of quality food continues to increase so we must rise to the challenge. By using in season produce, sale products and comparison shopping, we have been able to continue serving high quality meals.

MSU Child Development Center – Montana

Noteworthy efforts include a contractual agreement with Performance Kids, a nationally recognized skills-based early childhood movement program in which the preschoolers walk across campus twice a week to the university fitness center to participate in a thirty-minute active movement session, where movement skills are taught in a non-competitive way to promote healthy choices and healthy living for a lifetime. For the past four years, we have welcomed interns of the Montana Dietetic Internship into our preschool program to conduct menu analysis, refine our grocery lists, and provide one-to-one consultation with families seeking support for promoting their children's health. Importantly, the interns have provided parent newsletters about the benefits of family style dining and direct support to the teachers and staff of our preschool program to change attitudes and perceptions about early childhood health and nutrition.

Thompson Child Development Center – North Carolina

TCDC is located along the West Boulevard corridor in Charlotte; an area of urban, inner-city neighborhoods that struggle with multiple environmental risks and that are in significant need of supports. The median household income is \$19,688 with 52.9% of persons receiving food stamps (compared to a County Average of 17.4%). Inner city living produces many challenges, including inadequate play areas for children. TCDC's unorthodox play space blends natural materials like wood stumps, hills and small boulders with playground staples such as sandboxes and slides. This

area also includes an earth play area for children to look for worms, watch grass grow, battle with monster trucks, sip tea in a playhouse, watch Monarchs in flight in the butterfly garden, and take on the climbing wall.



**HEALTHY KIDS
ARE HAPPY KIDS**

Miami Valley Child Development Centers – Ohio

In addition to the CACFP requirements, MVCDC's menus aim to expose the agency's children and families to foods from different cultures, as many fruits and vegetables as possible, and healthier ways of preparing and eating foods. Nutrition education material (such as LMCC material) is published on the back of every menu and is specific to the age group the menu is for. Parents/caregivers are encouraged to submit healthy recipes to be published in the agency's monthly newsletter and to possibly be put on the menu. The agency's dietitian and dietetic technicians also participate in family engagement opportunities (i.e. parent meetings, parent trainings, special celebration events, etc.) as much as possible to promote a healthy lifestyle for the agency's staff and families.

Fairfax County Public Schools Family and Early Childhood Program/Head Start – Virginia

Family style meals provide FECEP/HS children with the skills to regulate their food intake by listening to their hunger/fullness cues while exposing them to new foods in a comfortable manner. Even our youngest FECEP/HS participants actively participate in family style meals – in our Early Head Start classrooms, you can witness one year olds serving themselves their food and throwing their trash away. We encourage all mothers to breastfeed their infants, provide them with a private, breastfeeding area should they wish to nurse during the day, and provide breast pumps to moms who wish to pump at work and provide their breast milk to their infant in the classroom. Two times a year family breakfasts occur in each classroom where teachers invite their parents to eat breakfast with their children which provides parents with the opportunity to support eating a healthy breakfast at school and with the opportunity to even do hands-on food activities at times.

Penfield Children's Center – Wisconsin

Penfield Children's Center provides three-and-a-half hours of physical activity for children each day at its center. Each classroom also receives a 30-minute activity session and ideas from the Let's Move! website are often incorporated into programming and activities. Penfield has established a Food and Nutrition Committee to ensure all children receive healthy and nutritious meals at the center, and at home. Penfield aims to improve the lives of disadvantaged children by giving them access to nutritious meals, and helping them overcome food insecurity. Additionally, we are enhancing the well-being and school-readiness of children with special needs living in poverty. Penfield maintains an organic garden that is used as a teaching tool to demonstrate gardening techniques to the children we serve. Fruits and vegetables from the garden are given to children at the center so they can take them home and share with their families.

Taos Pueblo Head Start – New Mexico

At each meal, only milk and water are offered to students. In every classroom there are water-drinking stations that are accessible to children throughout the day. During outside play, there are water coolers with small disposable cups and teachers encourage children to hydrate with water as much as possible. Using the water cooler and dispensing their own water not only builds independence among our students, but it also builds motor skills and hand-eye coordination. The need to promote healthy lifestyle habits is also forcing the Center to look at other policies like our fundraising practices. For years, the center had used Krispy Krème donut fund raising efforts, but this was banned this year because of the harmful and unhealthy effects on the body. Today, the staff is proposing other fundraising ideas, such as sponsoring children and their families to participate in annual 3K and 5k fun run / walks.

Child Care Homes

Sandy's Childcare and Preschool – California

Sandy uses many fun tools and activities to get the kids interested in eating healthy and being physically active. She does yoga with the kids regularly, using a set of Yogarilla cards that are tailored specifically for kids. They love these cards and often ask for them by name. Sandy also uses the Eat the Alphabet Fruit and Vegetable game that she was given in our healthy eating project. For this game, each letter of the alphabet has a space underneath where the provider can write a fruit or vegetable that begins with that letter. The challenge is for the children and provider to fill up the entire alphabet with a fruit or vegetable they have eaten. Sandy has used this game to introduce new fruits and vegetables to the children that they have not tried, such as “D” for dragonfruit. Parents are invited to join us at the Farmer’s Market, where children were given an allowance to choose their own fresh fruits and vegetables.

Little Angels Learning Place – Florida

Parents volunteer at the childcare during outside play. They encourage the children to perform physical activities and help to implement the Healthy habits for Life Child Care Resource Kit as a part of the daily curriculum. They act out with the children the book “ The Get Healthy Now Show “ and using the Sometimes/Anytime Food Activities Game Cards. Provider sends home different physical activity ideas that are found in the Sesame Street Healthy Habits for Life resource book. The goal is for parents to engage in physical activities with their children in their personal environment.

 LMCC would like to thank Kaplan for their support.

Little Angels – Pennsylvania

Provider provides family type serving of meals, that help increase the children’s choices on healthy eating. Parents support in preparing the meals with the children, and eating at least two meals in the childcare with their children. Children are allowed to pick a healthy snack to take home everyday along with weekly tips on preparing foods in other ways. Parents are also encouraged to put recipes and ideas in the family box. Provider provides food shares where families are allowed to buy food in bulk. This has lowered the cost of many food items, and has given families more alternatives with food choices. The food bank allows families to pick fresh fruits and vegetables all year long. Families are invited to join in the family daycare yoga classes, and weekly walks as a team. The children look forward to group and family play date time together. Charts are kept to see the progress that the families make in their physical activities thru out the month.

LadyBugHugs – Kansas

There is no bad weather, only bad clothing according to LoriAnn Gotchall. After fighting the challenge of having kids show up regularly without proper weather dress, LoriAnn finally went to thrift shops to find the extra things needed: hats, gloves, sunhats, rain jackets, snow pants, heavy coats. She strongly believes that kids need outdoor physical activity every day so she worked hard make it happen out of her own budget. After learning about the effects of screen time, LoriAnn also change TV watching habits from 30 minutes daily to 1.5 hours max per week to allow for an occasional movie on Fun Friday. The kids are so busy playing and learning they don’t miss the TV!

Cunningham Family Child Care Home – Florida

Each child and their family are encouraged and invited through mail, email or in person of an daily active activity. Each activity includes at least 30 minute of active and body moving or longer. Some of the parents and children often give ideas and activities that they would like to see incorporated. Each family also participates in cooking, meal planning and shopping and this makes the family and children more eager to be involved with each other and individually.

CACFP Sponsoring Agencies

Children’s Council of San Francisco – California

As a CACFP Sponsor and Resource & Referral Agency, Children’s Council of San Francisco offers free nutrition and cooking classes to all CACFP providers, introducing healthy cooking techniques and education around topics like reading food labels, eating seasonally, incorporating whole grains, and getting picky eaters to try new things. They also have coordinated a large, free community health and wellness fair called Growing Healthy Kids

for the last 8 years, most recently serving over 350 members of the community with free local produce, family-friendly/health-inspired raffle prizes, 41 local resource agencies tabling, free yoga and zumba classes, medical and dental screenings, and healthy food tastings. Growing Healthy Kids is also host to the San Francisco Healthy Apple Awards—a program that is led and administered by Children’s Council, honoring child care providers providing excellent nutrition and physical activity in child care environments. This program is open to centers, family child care homes and unlicensed caregivers to support obesity prevention in all child care settings. Additionally, Children’s Council’s workshops are designed annually with topics specifically requested as high-need. Workshops are often offered multiple times in multiple languages on weeknight evenings and weekend mornings to accommodate providers’ schedules.



Parents In Community Action – Minnesota

Parents in Community Action, Inc. (PICA) provides Head Start and Early Head Start services to over 2,500 children. Programming extends to participants and their families, which includes an estimated 500 homeless families living in shelters. During Minnesota’s growing season, the organization seeks to procure many of the fruits and vegetables it serves from locally grown sources. The menus are culturally and developmentally appropriate and food experiences are incorporated into the learning activities of all classrooms. Serving fresh fruits and vegetables and whole grain foods exposes young children to being able to make food choices by selecting from a healthful variety of foods. Some examples of the diverse menu offerings for all facilities include quinoa porridge with blueberries, fish tacos with shredded cabbage and mango salsa, pinto bean burrito with cheese and red pepper strips, Somalian ground beef pasta with chickpeas, and black eyed pea soup with collard greens. To meet the challenge of ensuring each child is ready for kindergarten, PICA developed its own “New World Curriculum” which contains six action steps that involve parents in their child’s growth and development. The curriculum builds on family pride, home language, and the unique diversity of each child and the families they represent. The curriculum includes food experiences, food-related activities and physical activities for parents to replicate at home, thereby further nurturing the child-parent bond and reinforcing classroom learning at home.

Providers Choice – Minnesota

In 2013 Providers Choice, Inc., (PCI) participated in the MN Team Nutrition grant and motivated almost 1300 providers to complete the Let's Move Child Care (LMCC) survey and select a goal that is related to Child and Adult Care Food Program (CACFP) and LMCC objectives. In 2014 PCI received grant monies to develop "Twist & Sprout" which built upon the LMCC initiatives work that reached those 1300 PCI providers. This time PCI expanded the targeted group to include all 10,000 licensed child care providers in Minnesota, providers who are not licensed and Supplemental Nutrition Assistance Program (SNAP) participants. Twist & Sprout is a program for child care providers and caregivers focusing on nutrition and physical activity to improve the health and wellness of children. The Twist & Sprout workshops include: teaching providers and caregivers about promoting healthy eating, active play, and breastfeeding support in the child care setting; four-week cycle Twist & Sprout menus and recipes including a four week cycle menu for each of the four seasons; and menu message videos for each day of the Twist & Sprout menus. PCI contracted with a chef to work with their organization to develop the menus and recipes. The chef, who is also featured in the videos, introduces the menu for the day and prepares a recipe with children in a family child care home. There is an additional 10- video series about saving time and money in the kitchen. Twist & Sprout Certificates can be earned if the provider can demonstrate meeting requirements to properly handle, label and store breast milk, have vegetables on the menus twice each day, serve family-style meals, provide adequate time for active play, and have a written wellness policy.

Children's Hunger Alliance – Ohio

Over the last two years, CHA has worked in collaboration with Columbus Public Health to bring the Healthy Children, Healthy Weights (HCHW) program to family child care providers—designed to prevent childhood overweight and obesity by promoting healthy weight and growth in all children ages birth to five years old. Through the HCHW program, providers receive the training, technical assistance, and resources needed to successfully set goals, implement best practices in the areas of nutrition and health, share information and strategies with parents, and promote healthy eating and activity behaviors in the children they serve. HCHW training topics include Healthy Activity, Healthy Eating, Healthy Growth, Healthy Families, Healthy Menus, and Healthy Policies. Following the trainings, providers complete one-on-one in-home technical assistance, supporting providers in creating healthier menus, writing policies, and increasing parent engagement. Throughout the course of the HCHW program, providers, children, and families receive resources including physical activity equipment, educational kits, parent handouts, and other related incentives.

Upon the completion of the HCHW program, providers, children, and families are invited to attend a Family Engagement Celebration Event. In year one, the HCHW program was piloted in a small area of Central Ohio and great success was achieved. 16 providers completed the program, impacting nearly 110 children and 100 families. Over 50 menu changes were observed and 139 policies were implemented. As CHA strives to educate, support, and provide necessary resources to create healthier child care environments, CHA also recognizes the barriers many providers face when attending live trainings, in particular those with a large time commitment such as HCHW. Challenges include lack of time and conflicting schedules, limited back up care and resources, as well as transportation barriers. To overcome these challenges and ensure provider access to training and support in implementing healthy behaviors, CHA has adjusted all HCHW trainings to be held online through live interactive webinars. Web-based training has been extremely well received by FCC providers as they have expressed great enthusiasm, excitement, and movement around creating healthier menus and environments!

Child Care Consultants – Pennsylvania

Through our "Eat Healthy York" project, we focused on providing information to both parents and providers in our area. Many of our CACFP homes have concerns about the cost of feeding children better. We have educated home-based providers about proper nutrition and that it doesn't have to be expensive to feed your children appropriately. Through our annual trainings and supplemental trainings, we use a lot of visual, hands-on methods to educate the providers about the foods they are serving. Yes, what you are serving is creditable but is it the best way to provide the component? We have them examine their current choices and compare with healthier alternatives. Most times, the visual such as the amount of sugar in cereals is a real eye opener for them. Our office also works with low-income TANF families through the Subsidized Child Care Program. Through a grant we received, we implemented a "Eat Healthy York" Healthy Snack Bag that was handed out to any child that came into our office. This bag included three CACFP creditable snacks for the children so that they could immediately have access to healthy snacks. We also included "My Plate" divided plastic children's plate for each child. This was a great tool to visualize a healthy meal on a plate for children and parents. For the parents, we included several handouts with tips and information on topics such as; utilizing the "My Plate", Picky Eating, Eating Healthy on a budget and staying active in warm and cold weather. We also included information about CACFP to get parents thinking about their child's nutrition at child care.

CACFP State, Territorial, and Tribal Agencies

Bright from the Start: Department of Early Care and Learning – Georgia

The Georgia Department of Early Care and Learning (DECAL) developed a program called Caregivers Promoting Healthy Habits (CPHH) with funding from a 2009 Team Nutrition Training Grant. The program aims to improve the nutrition and physical activity practices in child care centers through the implementation of a wellness policy. Bright from the Start supports the program through training, technical assistance, and funding to implement the wellness policies. Participation in the program is voluntary and interested child care facilities had to fill out a sub-grant application, choosing at least 6 or 8 of the following wellness policies: foods served to children meet the Dietary Guideline recommendations; children always have access to safe drinking water and are encouraged to drink water throughout the day; nutrition and physical activity education are included in the weekly curriculum; physical activity is scheduled to meet National Association for Sport and Physical Education guidelines for young children; breastfeeding is promoted and adequately supported; caregivers practice responsive feeding and encourage children to try new foods; food is served family-style, and children participate in mealtime activities; food and physical activity are not used as incentive or punishment; families are partners in the task of fostering healthy eating and physical activity habits for children; sanitation, hygiene, and food handling are monitored to ensure a healthy environment; screen time is limited and includes only commercial-free educational programming; sedentary activities are limited, and children have frequent opportunities to move freely; staff model healthy nutrition and

physical activity habits for children; staff is adequately trained about nutrition and physical activity for young children. DECAL staff supported the centers through technical assistance and 4 quarterly trainings on nutrition and physical activity best practices. Centers were also educated about Let's Move! Child Care and encouraged to become a participating center to receive Let's Move! resources.

