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SUPPORTING QUALITY EARLY CHILDHOOD EDUCATION THROUGH QUALITY NUTRITION PROGRAMS

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PRESENTATION OVERVIEW

- Nutrition in early childhood
- Tips for improving nutrition in early care education
- An overview of the Child and Adult Care Food Program



NUTRITION AND EARLY CHILDHOOD

The Importance of the First Five Years

- 90% of a child's brain develops by age 5.
- The early years of a child's life are crucial time when brain pathways and connections are being made.
- These early years are the best opportunity to shape lifelong behaviors and develop brain connections that will help children "be healthy, capable, successful adults."



NUTRITION AND EARLY CHILDHOOD

Health in the First Five Years

- This time frame is also proving to be critical for health and obesity prevention.
- There is emerging evidence that the first 1,000 days (from conception to age 2) are critical for childhood obesity prevention.



Mothers consuming a healthy diet while pregnant can help shape healthy food preferences among their offspring



Breastfed infants are more likely than formula-fed infants to consume healthier diets by the time they reach school age



Infants and toddlers should be repeatedly exposed to healthy foods until they learn to accept them



Healthy foods should be readily available at home and in child care facilities



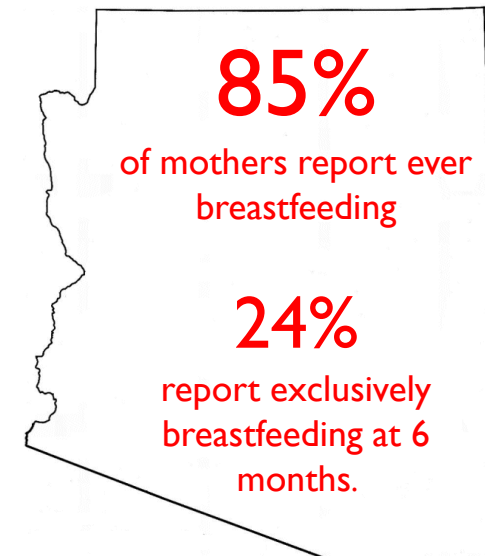
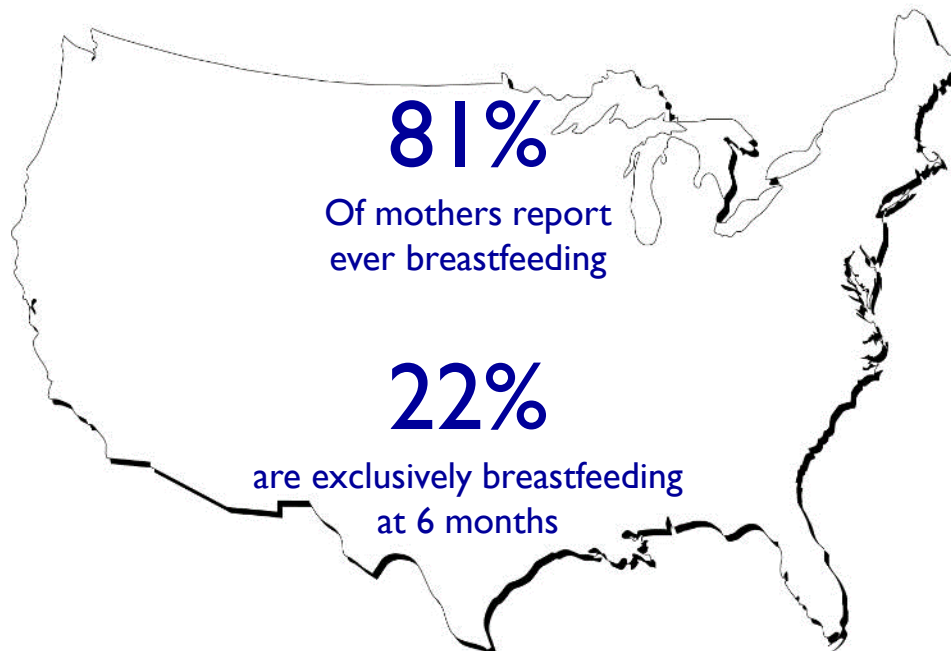
Infants and toddlers should not consume food and beverages rich in added sugars, sodium, and saturated fats



NUTRITION AND EARLY CHILDHOOD

Breastfeeding Support

- The American Academy of Pediatrics recommends exclusively breastfeeding for approximately 6 months, with continued breastfeeding until the baby's first birthday or longer if mutually desired by mother and baby.
- The World Health Organization recommends breastfeeding for up to 2 years.



NUTRITION AND EARLY CHILDHOOD

BREASTFEEDING BENEFITS:



Mothers



REDUCES RISK OF:

Breast cancer
Ovarian cancer
Type 2 diabetes
Postpartum depression



Babies



REDUCES RISK OF:

Obesity
Lower respiratory infections
Type 2 diabetes
Asthma
SIDS (sudden infant death syndrome)



Society

If **90%** of women breastfed exclusively for 6 months, it could result in nearly:



\$13 Billion
saved in the U.S. each year.



1,000
infant deaths prevented each year.



NUTRITION AND EARLY CHILDHOOD

Breastfeeding Friendly Childcare Centers

- Childcare centers and preschools can support breastfeeding (and extended breastfeeding) by:
 - Ensuring moms have a quiet place to nurse on site and letting moms know your facility supports breastfeeding;
 - Provide training for staff on how to create a supportive environment for families choosing to breastfeed;
 - Accept breastmilk for children up to age 2, should a parent choose to provide it;
 - Provide support for childcare providers/teachers who choose to pump when away from their children.



NUTRITION AND EARLY CHILDHOOD

The Feeding Environment for Toddlers and Preschoolers

- Eating is about so much more than nutrition
 - Sensory and motor skill development
 - Social norms
 - Language and communication
 - Routine and the process of meal time (cooking, serving, eating, cleaning)
 - Caregivers are responsible for deciding which types and the frequency of foods are made available to children.
 - We provide, they decide



NUTRITION AND EARLY CHILDHOOD

Sensory and motor skill development

- Sensory play and even getting messy teaches the nervous system about the feel, texture, and temperature of food.
- When children are familiar and comfortable with various textures and temperatures of foods, they will be more likely to eat it.

Sensory exploration

Mom says: "I don't want you to get messy."

Toddler learns: "I should not touch food."

Toddler behaves by avoiding touching and eating of certain foods.

NUTRITION AND EARLY CHILDHOOD

Sensory development

- There are 28 steps involved in learning to eat. This is called pre-feeding.
 - Tolerate food on the tray or plate
 - Interact with food
 - Smell
 - Touch
 - Taste, lick

Motor skill development

- Refining their pincher grasp,
- Learning to pour into and drink from an open cup,
- Using utensils to get food and move it to their mouths



NUTRITION AND EARLY CHILDHOOD

Social and Language development

- Shared meal time can:
 - Demonstrate positive experience with food.
 - Show them the food is safe and enjoyable to eat.
 - Establish social norms. Meal time is a time to sit, talk, and enjoy one another's company.
 - Increase vocabulary by talking about the colors and the names of foods being served,
 - Avoid talking only about food, or discussing how much the children eat.



NUTRITION AND EARLY CHILDHOOD

Minimize distractions

- We want to teach mindful eating, where children learn to listen to their hunger and satiety cues.
- When children eat with distractions, they lay down neural pathways for those distractions. They learn that they can't eat unless the distraction is present. It becomes a norm that can override the hunger and satiety cues.



TIPS TO IMPROVE NUTRITION IN CHILD CARE

Setting the stage for success

- Good positioning in their chairs are critical. Aim for 90 degree angles at the hip, knees, and ankles.
- Tray/table should be below the breastbone so the kids can easily reach the food.
- Encourage children to sit up straight and avoid slouching or leaning to the side.
- Remember to have children wash their hands
- Encourage them to help set the table when possible.



TIPS TO IMPROVE NUTRITION IN CHILD CARE

Be mindful of the comments made during meal time. Remember... children understand far more than they can communicate!

- He doesn't like vegetables
- She's not a good eater
- She only likes fruit, bread and cheese

Positive Reinforcement is key

- You are the best fork user!
- I like the way you stacked your watermelon slices.
- How creative of you to dip your carrots in the salsa!
- Look how strong your teeth are! You bit into that burrito like a pro!



TIPS TO IMPROVE NUTRITION IN CHILD CARE

End the meal on a positive note

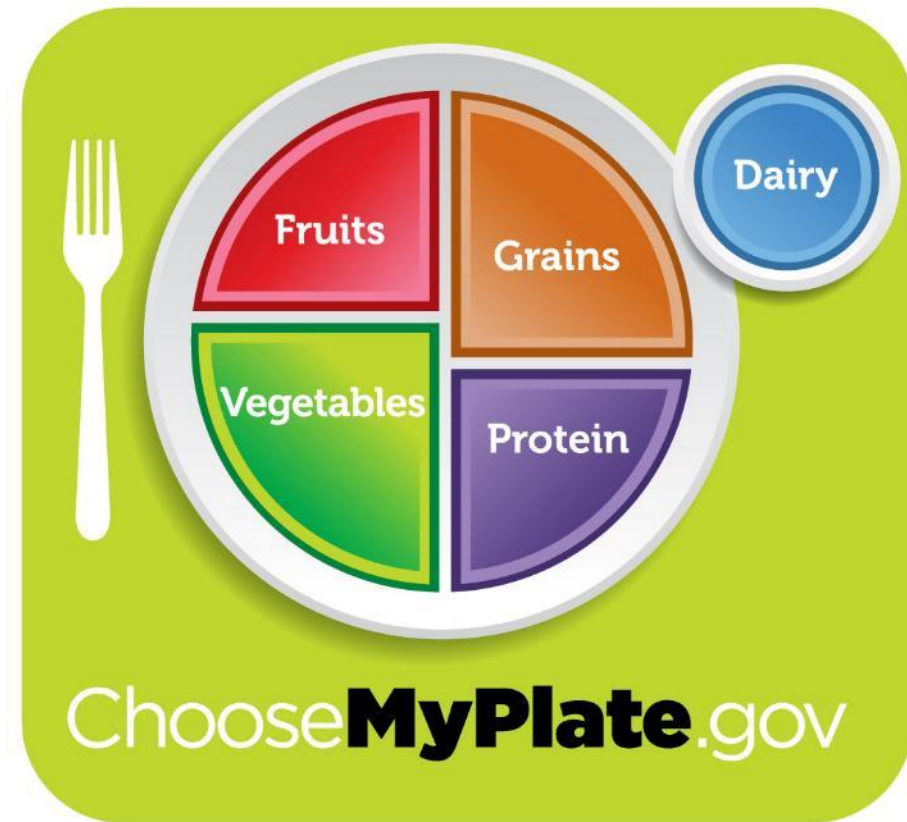
- Try to honor satiety signals and have a sign for when children are done eating.
- Have a clean up routine
- Try to avoid scrubbing face or hands in a rough manner



TIPS TO IMPROVE NUTRITION IN CHILD CARE

Nutrition Tips

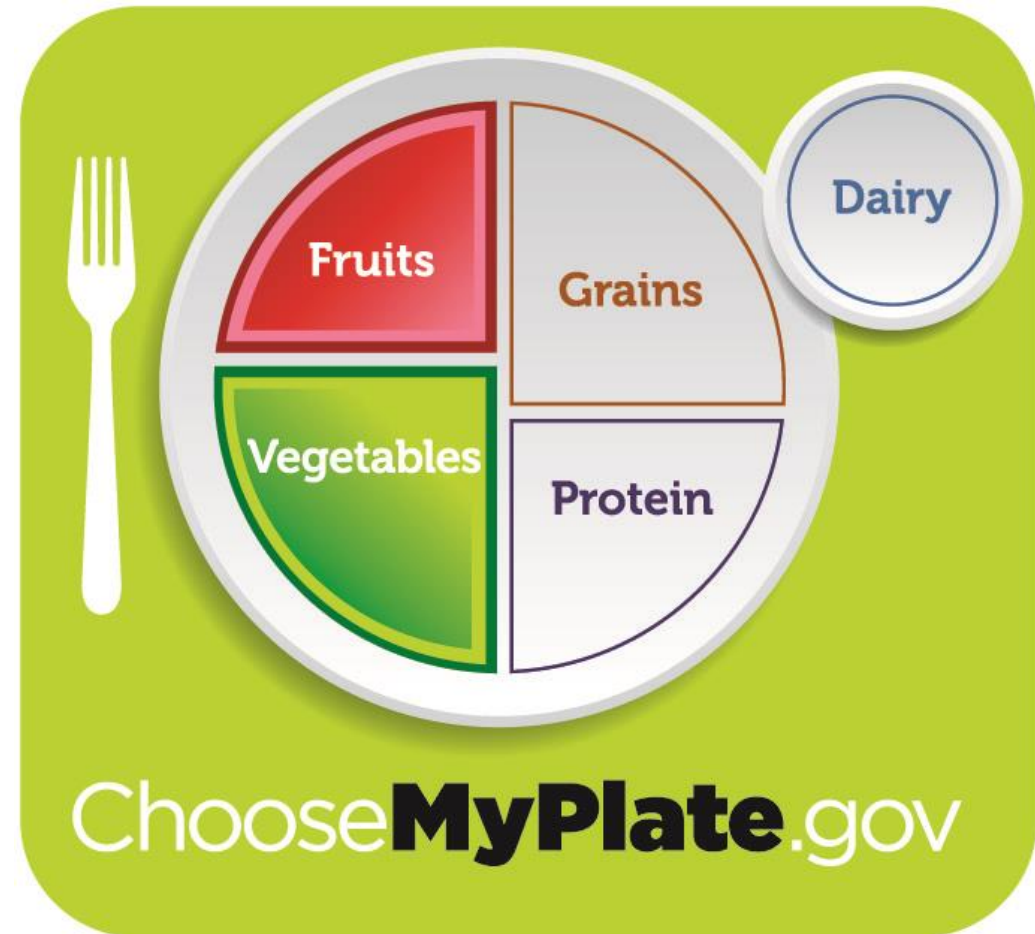
- Focus on offering meals that include all 5 food groups.
- Offer at least 2 food groups at snack.
- Buy locally and seasonally when possible (even if it's just for taste tests!)
- Always consider food safety for all meals and snacks
 - Proper storage and labeling
 - Check the temperatures
 - Ensure age appropriate servings
 - Always start meals with hand washing for staff and children



TIPS TO IMPROVE NUTRITION IN CHILD CARE

Fruits and Vegetables

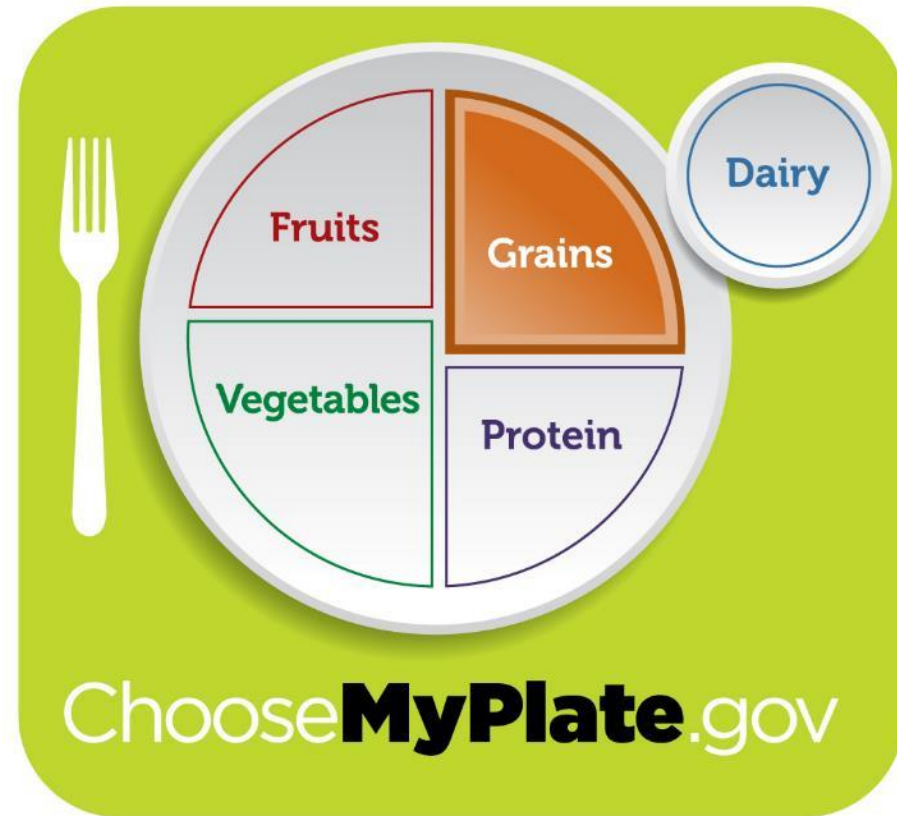
- Offer at least one of each at meals, and at least a fruit or vegetable at snacks.
 - Offer a variety of fresh, canned, and dried varieties.
 - Limit juice to 2 times per week.
 - Offer low fat dips, or hummus with vegetables.
 - Serve food that is seasonal, and local if possible.
 - Conduct taste tests with different types or with different foods.
-
- Ensure the foods are developmentally appropriate
 - Quarter grapes, halve berries,
 - Offer wedges/sticks to infants
 - Offer cooked varieties for young toddlers



TIPS TO IMPROVE NUTRITION IN CHILD CARE

Grains

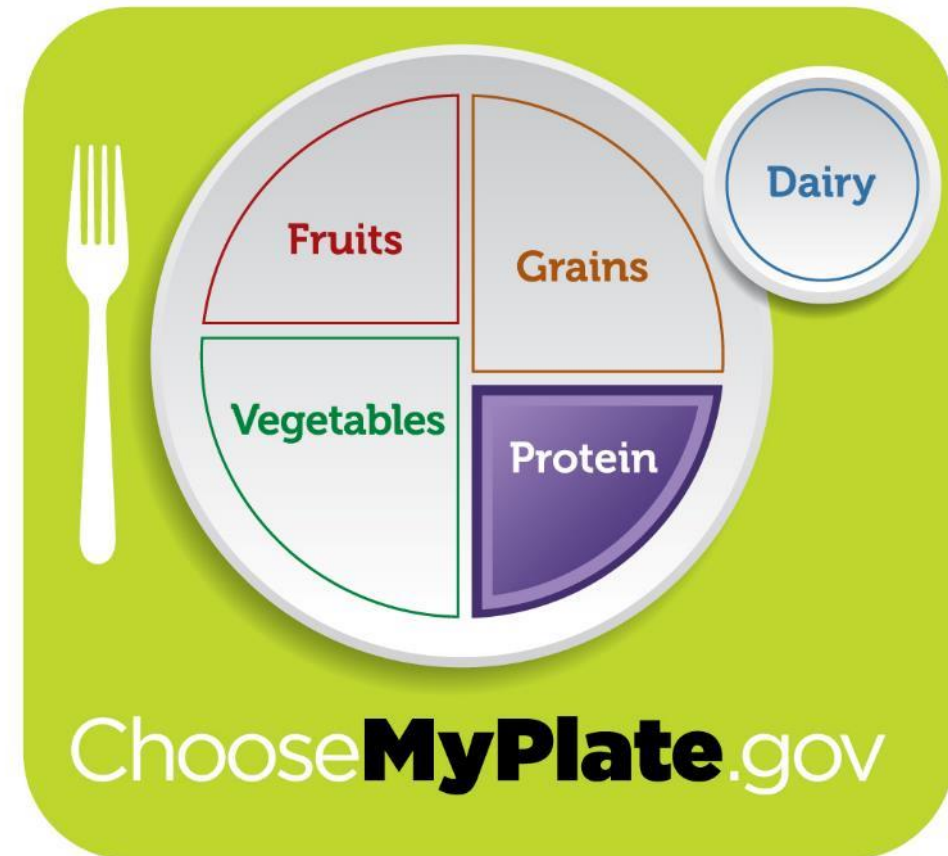
- Offer whole grains, or whole-grain rich products at least once per day
- Offer different types of grains (oatmeal, cream of wheat, grits)
- Limit the number of times you offer crackers
- Offer low sugar cereals
- Consider variety in textures
 - Different shapes in pasta
 - Different types of rice



TIPS TO IMPROVE NUTRITION IN CHILD CARE

Protein (Meat/Meat Alternates)

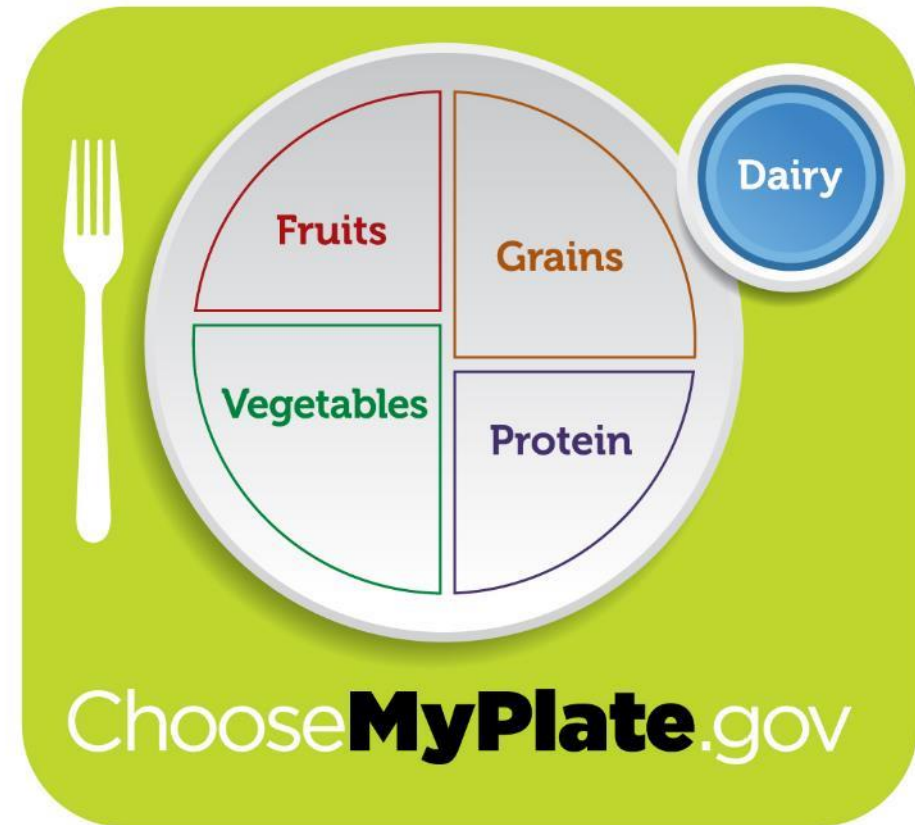
- Offer lean meats as often as possible
- Offer minimally processed meats when possible
 - Ground beef versus hot dogs
- Focus on different textures (deli meat vs ground beef)
- Offer non-meat sources of protein
 - Peanut butter (be mindful of allergies)
 - Beans
 - Cheese and yogurt



TIPS TO IMPROVE NUTRITION IN CHILD CARE

Dairy (Milk)

- Offer whole milk for children ages 12 – 24 months
- Offer low fat milk to children ages 2 years and older
- Reduce the number of times you offer flavored milk
- Make milk alternatives available for children with allergies or intolerances.
- When possible, avoid milk at snacks.





Child and Adult Care Food Program (CACFP)

RESOURCES TO SHAPE POSITIVE MEAL TIMES



SMARTER MEALTIMES SCORE CARD

[HTTPS://WWW.SMARTERLUNCHROOMS.ORG/SITES/DEFAULT/FILES/DOCUMENTS/SMM-SCORECARD.PDF](https://www.smarterlunchrooms.org/sites/default/files/documents/smm-scorecard.pdf)



SMARTER MEALTIMES



- Smarter Mealtimes is a nationwide movement based on proven strategies for nudging kids to select and eat the healthiest foods at mealtime.
 - 8-9 exposures to less liked vegetables increases liking for those vegetables.
 - Serving a variety of fruits and vegetables to preschoolers increases intake.
 - Giving healthy food choices fun, descriptive names can increase consumption by over 30%.
 - When staff sit at the table with children and eat the same meal, children select and eat more vegetables.
 - Fruit selection can nearly double when a sticker of a popular character is offered with the fruit choice.

<https://www.smarterlunchrooms.org/smarter-mealtimes>



SMARTER MEALTIMES



- The Smarter Mealtimes Scorecard contains 20 simple, no cost or low cost strategies that child care programs can use to improve consumption of healthy foods and reduce waste.

- During at least one meal per day, children are given a choice between at least two types of fruit. Fruits can be fresh, frozen, canned, or dried.*
- During at least one meal per day, children are given a choice between at least two types of vegetable. Vegetables can be fresh, frozen, canned, or dried.*
- Sliced or cut fruit is offered.
- Fruit is offered in attractive bowls or baskets.
- Fruits and vegetables are offered first and at least one additional time during each meal.
- Fruits are called or labeled with fun, creative names.
- Vegetables are called or labeled with fun, creative names.
- Fresh, cut vegetables are frequently paired with a healthy dip.
- The main dish (or featured entree) is called or labeled with a fun, creative name.
- Taste tests of fruits, vegetables, and main dishes are provided at least once per year.
- Children are given opportunities to learn about food and gardening (planting a garden, seed planting, farm tours, nutrition education, etc.) at least once per year.
- Popular characters (such as Elmo) are used to promote healthy foods using labels or stickers.
- Meals are offered family style.
- Caregivers model healthy eating habits such as sitting with children during meals and eating the provided foods.
- Caregivers announce the menu as part of the daily routine.
- Attractive, healthful food signage (posters, stickers, or clings) is displayed in the child care environment.
- A weekly or monthly menu is provided to all families.
- Children are encouraged to help with the mealtime set-up and clean-up routine.
- All lights in the eating area work and are turned on during meals.
- To help decide what foods are offered, children and families are asked to provide feedback.



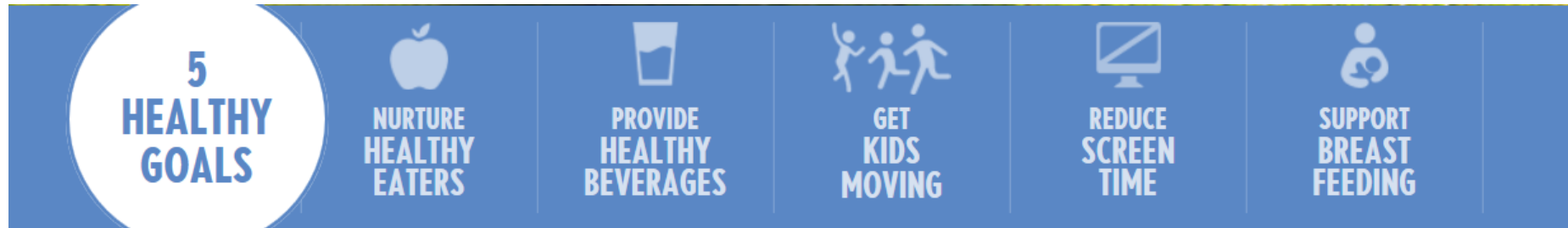
Scorecard Total _____

Award Level

- 🍓 **Bronze 6-10**
- 🍓🥑 **Silver 11-15**
- 🍓🥑🥕 **Gold 16-20**



LET'S MOVE CHILDCARE



- Let's Move! Child Care has 5 healthy goals for child care providers:
 1. Nurture healthy eaters
 2. Provide healthy beverages
 3. Get kids moving
 4. Reduce screen time
 5. Support breastfeeding.

<https://healthykidshealthyfuture.org/>



LET'S MOVE CHILDCARE



Tips to Nurture Healthy Eaters

- Create a routine and provide nourishing choices, including a variety of fruits, vegetables and whole grains.
- Plan fun activities like taste tests and food-related art projects.
- Let children help prepare meals and snacks when possible.
- Be patient; it may take between 10 and 15 tries before children accept a new food.
- Look into Farm to Preschool activities; buy local foods and talk about the fruits and vegetables grown in Arizona.



LET'S MOVE CHILDCARE



Tips to Nurture Healthy Eaters

- Serve vegetables with yogurt, hummus, or low-fat dips.
- Highlight a fruit or vegetable of the month. Try some that may be new to kids. Let them touch, smell, and taste it.
- Use fruits and vegetables to teach them about colors, shapes, and textures.
- Implement family-style meal service where kids can serve themselves using age and size appropriate equipment.

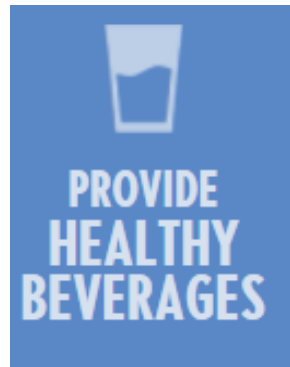


LET'S MOVE CHILDCARE



Tips to Provide Healthy Beverages

- Make water available at all times, and provide small open cups instead of sippy cups when possible.
- Encourage staff to model this behavior by drinking water throughout the day as well.
- Serve whole milk for one to two year olds and low fat or non-fat milk to children ages 2 and up.
- Serve only 100% juice and work with parents to make sure children aren't drinking more than 4-6 oz of juice per day.
- Model healthy drinking by avoiding sugary beverages in front of children.



LET'S MOVE CHILDCARE



Tips to Get Kids Moving

- Preschoolers (2-5 years old) should have 120 minutes or more of active play time, both indoor and outdoor.
- Implement a combination of teacher led activities and free play.
- Have children act out a story as you read it.
- Throw a dance party or make up an obstacle course.
- Use transition times to get kids moving (march or skip to your destination).



LET'S MOVE CHILDCARE



Tips to Support Breastfeeding

- Provide mothers with a designated area for nursing or pumping.
- Avoid using bathrooms as the designated space. Breastmilk is like any other food and should not be present in a bathroom.
- Inform all parents that you have a breastfeeding friendly facility by sharing information on bulletin boards and in information provided to families throughout the year.



LET'S MOVE CHILDCARE



How to Become a Recognized Provider



**NEW TO LET'S MOVE!
CHILD CARE?**

REGISTER NOW



**EVALUATE
YOUR PROGRAM**

TAKE THE QUIZ



**SET GOALS FOR
IMPROVEMENT**

**MAKE AN
ACTION PLAN**



**RECORD YOUR PROGRESS,
CELEBRATE SUCCESS**

RE-TAKE THE QUIZ



GET ON THE MAP

Get recognition for
your program

[See the map.](#)



EMPOWER



Arizona's Empower Program

- Facilities can choose to participate in the Empower Program and pledge to adopt 10 standards to:
 - Support healthy eating,
 - Encourage active play,
 - Prevent exposure to second- and third-hand smoke,
 - Practice sun safety
 - Promote good oral hygiene habits
- Facilities who participate receive reduced licensing fees.



EMPOWER



The 10 Empower Standards include:

1. Physical activity
2. Sun Safety
3. **Breastfeeding**
4. **Child and Adult Care Food Program**
5. **Fruit Juice**
6. **Family Style Meals**
7. Oral Health
8. **Staff Training**
9. Arizona Smokers' Helpline (ASHLine)
10. Smoke Free Environment



CHILD AND ADULT CARE FOOD PROGRAMS OVERVIEW

Participate in the **CACFP**

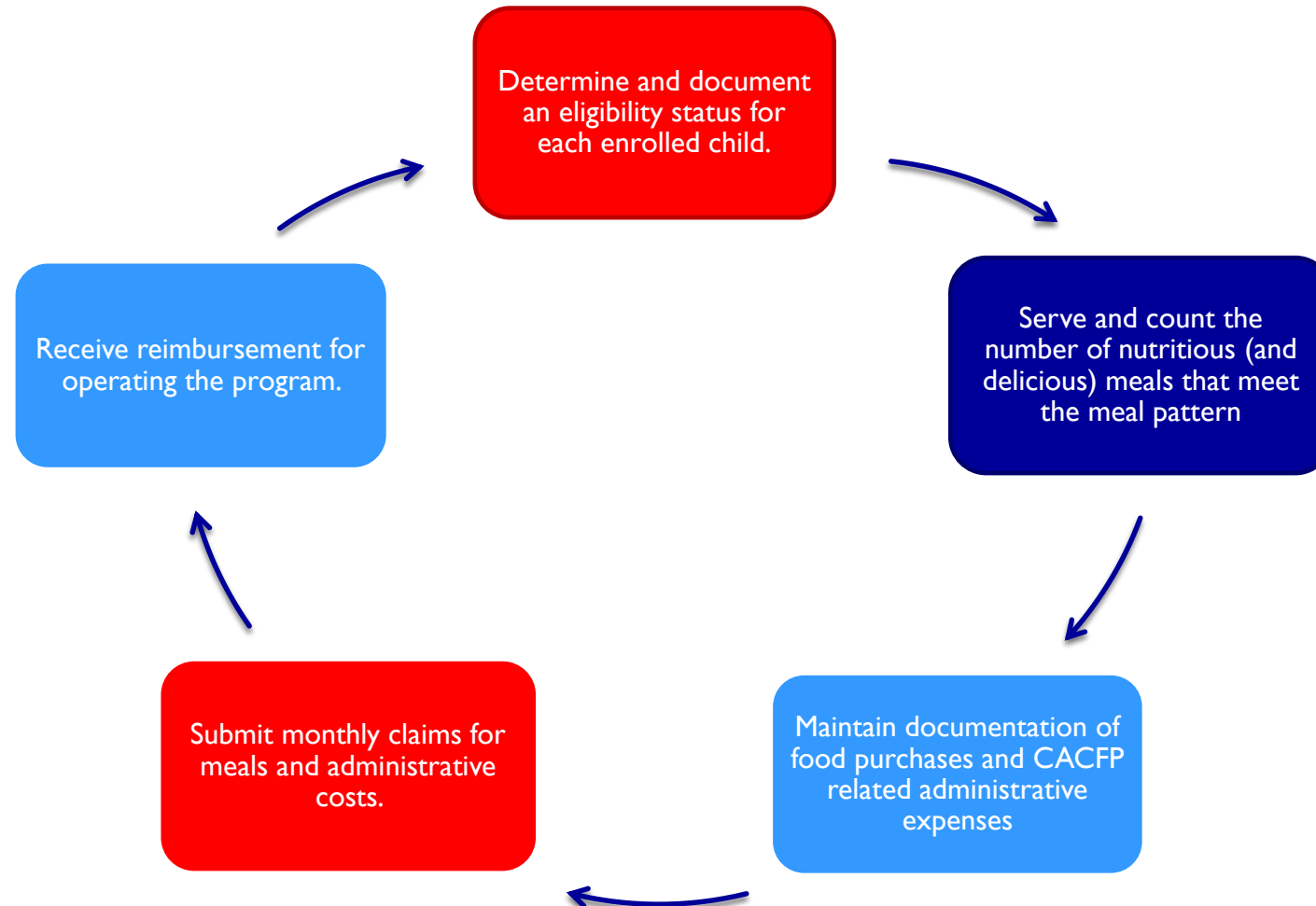
The Child and Adult Care Food Programs are federally funded Child Nutrition Programs designed to support child and adult care centers in providing nutritious meals to children and adults.

In Arizona, the program is administered by the Community Nutrition Programs team in ADE's Health and Nutrition Services division.

- Child care centers and preschools can receive reimbursement funds for food and administrative costs related to food service.
 - Reimbursement amounts are determined by the percent of children served who are eligible for free and reduced-price meals, as well as the total number of meals served.
 - Operators can claim 2 meals and 1 snack, or 1 meal and 2 snacks per child per day.
 - Centers can also claim administrative costs related to food preparation, food service, and administrative tasks associated with operating the program.



CHILD AND ADULT CARE FOOD PROGRAMS OVERVIEW



CHILD AND ADULT CARE FOOD PROGRAMS OVERVIEW

Reimbursement Rates for FY 18

	Breakfast	Lunch and Supper	Snacks
Free	\$1.75	\$3.23	\$0.88
Reduced-Price	\$1.45	\$2.83	\$0.44
Paid	\$0.30	\$0.31	\$0.08



CHILD AND ADULT CARE FOOD PROGRAMS OVERVIEW

Requirements of operating the program

- Maintain documentation showing each enrolled child's eligibility status
- Maintain documentation showing when each child was in attendance (sign in/sign out sheets)
- Serve meals that meet the USDA meal pattern for CACFP programs
- Maintain documentation of food purchases and staff time dedicated to CACFP programming
- Participate in a program review at least once every three years.



CHILD AND ADULT CARE FOOD PROGRAMS OVERVIEW

How to get started

- Register and attend one of our How To Operate CACFP trainings
- Coordinate meal service and organize your program operations
- Complete and submit your application packet
- Host a CACFP specialist for a pre-approval visit and a welcome visit within the first 90 days of program operation



QUESTIONS?

Health and Nutrition Services

Child & Adult Care Food Program

The goal of the CACFP is to improve and maintain the Health and Nutrition status of children and adults in care while promoting the development of good eating habits.

Program Description: The Child and Adult Care Food Program (CACFP) is funded and administered at the Federal level by the Food and Nutrition Service, an agency of the United States Department of Agriculture (USDA). The CACFP provides Federal funds to nonresidential child and adult care facilities, emergency shelters, eligible after school programs and family day care providers who serve nutritious meals and snacks. In Arizona, the Arizona Department of Education (ADE) directly administers the CACFP.

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Trending Now

- Study suggests rushed school lunch results in poor health
- JUMP START YOUR SCHOOL BREAKFAST PROGRAM WITH THE PHOENIX SUNS!
- Team Up for Food Safety!
- Upcoming September Trainings for School Nutrition Professionals
- NSLP at a Glance calendar & Monthly Checklist for PY 18 is here!



[Getting Started in the CACFP](#)



[CACFP New Meal Pattern](#)



[Trainings](#)



[Program Forms](#)

► General Information

► Family Day Care Homes

► Procurement

% [Percentage of children approved for free or reduced-price lunches](#)

<http://www.azed.gov/hns/cacfp/>



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