Increasing Fresh, Healthy Options in Early Childhood Settings

Food Systems Toolbox Webinar Series
Thursday February 20th, 2014
1-2p.m.
WELCOME!

Lisa Walvoord

lisawalvoord@livewellcolorado.org
Objectives

шение rural and urban child care centers are increasing healthy food options

To learn about early child care programming that promotes healthy eating

To learn about available resources and funding options for increasing healthy food in child care settings
Agenda

Welcome, Objectives, and Introductions

Presentations:

– Healthy Menus and Kid’s Gardens, Robin Anthony
– How to Get Kids to Eat Healthy, BryAnne Goddard
– Family Matters: Improving Health Together, Anne Zander
– Culture of Wellness in Preschools, Jini Puma
– Rural Development Funding Opportunities, Robin Pulkkinen

Closing Thoughts

Open Q&A
Today’s Presenters

Lisa Walvoord
LiveWell Colorado

Robin Anthony
ABC Child Development Centers

BryAnne Goddard
High Desert Early Head Start

Anne Zander
Boulder County Extension

Jini Puma
Rocky Mountain Prevention Research Center, CO School of Public Health

Robin Pulkkinen
USDA Rural Development
Healthy Menus and Kid’s Gardens
Robin Anthony
<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>Week of Nov 11th</td>
<td>Cinnamon Whole Wheat Tortillas Pears</td>
<td>Whole Wheat Crackers Carrots w/dip</td>
<td>Yogurt Parfait</td>
<td>Apple Slices Cheese Cubes</td>
<td>Graham Crackers Oranges</td>
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<tr>
<td>Week of Nov 18th</td>
<td>Apple/Oat Crisp String Cheese</td>
<td>Whole Wheat Bagels w/cream cheese Grapes</td>
<td>Whole Wheat Soft Pretzels w/ Cheese Sauce Oranges</td>
<td>Yogurt Fruit Cocktail</td>
<td>Whole Wheat Tortilla w/turkey and cheese Applesauce</td>
<td></td>
</tr>
<tr>
<td>Week of Nov 25th</td>
<td>Graham Crackers Grapes</td>
<td>Cucumbers w/dip Whole Wheat Pita Squares</td>
<td>Apple Slices Cheese Sticks</td>
<td>THANKSGIVING CLOSED</td>
<td>Trail Mix Oranges</td>
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The U.S. Department of Agriculture (USDA) prohibits discrimination in its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964, (voice and TDD). USDA is an equal opportunity provider and employer.
### Week of September 16th

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<th>SUNDAY</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>Whole Wheat French Toast</td>
<td>Whole Wheat Toast w/Jelly Pineapple</td>
<td>Cinnamon Oatmeal Oranges 1% Milk</td>
<td>Choice of Cereal Peaches 1% Milk</td>
<td>Cinnamon Brown Rice Frozen Fruit 1% Milk</td>
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<td>Frozen Berries 1% Milk</td>
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<tr>
<td>Lunch</td>
<td>Tuna Casserole Wheat Bread, Peas Cantaloupe</td>
<td>Baked Whole Wheat Penne Mixed Veggies Applesauce 1% Milk</td>
<td>Chicken Noodle Casserole Wheat Bread Green Beans Pears 1% Milk</td>
<td>Hamburgers on Whole Wheat Buns Green Beans Pears 1% Milk</td>
<td>Turkey and Cheese Sandwich Fresh Veggies Apricots 1% Milk</td>
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<tr>
<td>Snack</td>
<td>Turkey w/Whole Wheat Tortilla</td>
<td>Whole Wheat Crackers Carrots w/dip</td>
<td>Apple Crisp 1% Milk</td>
<td>Yogurt w/Fruit Cocktail</td>
<td>Soft Pretzels Grapes</td>
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Week of September 9th

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<th>SUNDAY</th>
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<tbody>
<tr>
<td>No Classes</td>
<td>Choice of Cereal</td>
<td>Whole Wheat</td>
<td>Whole Wheat</td>
<td>Cinnamon Oatmeal</td>
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<tr>
<td>Breakfast</td>
<td>Grapes 1% Milk</td>
<td>English Muffins</td>
<td>Toast w/Jelly and</td>
<td>Bananas 1% Milk</td>
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<td>Applesauce 1% Milk</td>
<td>Fresh Fruit 1%</td>
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<td>No Classes</td>
<td>Yogurt w/Fruit</td>
<td>Trail Mix</td>
<td>Cucumbers w/dip</td>
<td>String Cheese</td>
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<tr>
<td></td>
<td>Cocktail 1% Milk</td>
<td>Oranges</td>
<td>Whole Wheat Pita</td>
<td>Bananas</td>
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<td></td>
<td></td>
<td></td>
<td>Squares</td>
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Granola with Branson and Adam
Coleslaw
Family Matters: Improving Health Together

Anne Zander and Sheila Gains

Family Matters Newsletter

Helping Families increase physical activity and enjoy healthy foods...
Free Monthly Newsletter

Distributed to:

- Families
- Childcare Homes
- Childcare Centers
- Schools
- Agencies
- Libraries
- Recreation Centers
- Etc.
Family Matters
Improving health together

The Pumpkin Patch...helping you play hard and eat right!
Stella Gains, Family and Consumer Sciences Extension Agent, Arapahoe County

A locally grown patch is a great place to get moving, enjoy nature, learn about science, practice math, bring home some great treats.

It’s fall and thoughts turn to jack-o-lanterns and pumpkin pie. The bright orange color of pumpkins means they are loaded with a powerful antioxidant called beta carotene. Diet rich in beta carotene can help reduce the risk of many types of cancer, heart disease, macular degeneration, and promote eye health. Pumpkins are a low-calorie food with only 49 calories per cup. It’s low in carbohydrates, only 12 grams per cup, and provides 5 grams of fiber per cup.

Can you eat your jack-o-lantern pumpkin? Yes and no. If you draw the eyes and mouth on the skin of the pumpkin with markers, you can leave the outer skin on and roast the seeds of the inside pumpkin. Make sure your pumpkin slices are not too thick and just a bit softer than the skin. If you carve your jack-o-lantern, you can roast the seeds and use them to make pumpkin pie filling. Consider finding a pie pumpkin to make a small jack-o-lantern. This way you can make your jack-o-lantern and eat your pie too.

Activity for Health: Take children to a pumpkin patch. Plan a scavenger hunt or other activities to help children be physically active while discovering how pumpkins grow. With a ruler or tape measure, have children find the smallest, tallest, or biggest pumpkin. Look for pumpkins of different colors and shapes. School age children can be challenged with calculating the average number of pumpkins per patch. See if you can challenge the families about how to grow pumpkins.

For a list of local pumpkin patch locations, contact your local county Colorado State University Extension office, or pick up a copy of the Colorado Pumpkin Patch Directory. The Directory is also available online at http://www.colorado.gov/ce/Satellite/sag_Market/ECBPD0515593493567

Let’s Talk:
Most kids like the mild taste of pumpkin, but many have only eaten it in a sweet pie filling. Suggest them try different ways to eat pumpkin. Let them help you come up with tasty ideas to cook.

Helping families increase physical activity and enjoy healthy foods...
2014 Topics

Jan.   You Can Count on Soup, to increase vegetable servings
Feb.   You Have the Power, availability of healthy snack foods
March  Possibilities with Pasta, whole grains & low-fat sauces
April. Walking – National Walking Day
May    Calcium, increasing bone health
June   Eat a Variety of Fruit & Vegetables
July   Reduce Sodium in the Food You Eat
Aug.   Peaches
Sept.  Face the Fats, a look at healthy and unhealthy fats
Oct.   Fun Fiber Facts, discover tasty foods full of dietary fiber
Nov.   Sweet Potatoes, not just a sweet casserole anymore
Dec.   Healthy Food Gifts You Can Make

http://www.ext.colostate.edu/pubs/fammatrs/fmmenu.html
Asses, Identify, Make it Happen For Preschools (AIM-P):
A Strategic planning Process to make Environment and Policy Changes focused on increasing healthy eating and physical activity in Early Child Care Settings

Presented by Dr. Jini Puma

Colorado School of Public Health
The AIM Process for Preschools

Assess healthy eating and physical activity in our preschool...

Meeting 1
“Learning the Process”

Identify and decide on changes in our preschool...

Meeting 2
“Analyzing the Needs” and “Finding Solutions”

Meeting 3
“Choosing Healthy Eating and Physical Activity Changes”

Make it happen...

Meeting 4
“Planning for Action”

Meeting 5
“Developing Strategies”

Meeting 6
“Updating Plans and Looking Ahead”

Meeting 7
“Checking our Progress”

Meeting 8
“Moving Forward”
Environment, Policy, and Practice Changes Selected

- **Healthy Eating**
  - A total of 44 changes were selected across all sites (15 child-focused & 29 staff- or parent-focused)
  - 43 were evidence-based or promising strategies
  - An average of 3 changes were made per site

- **Physical Activity**
  - A total of 24 changes were selected across all sites (20 child-focused & 4 staff- or parent-focused)
  - 10 were evidence-based or promising strategies
  - An average of 1.5 changes were made per site

**Overall**
- A total of 68 changes were selected across all sites (35 child-focused & 33 staff- or parent-focused)
- 53 were evidence-based or promising strategies
- An average of 4 changes were made per site
<table>
<thead>
<tr>
<th>Evidence-Based or Promising Environment/Policy/Practice Change Strategies</th>
<th>Denver’s Great Kids Head Start Agencies and Sites</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Catholic Charities</td>
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<tr>
<td>------------------------------------------------------------------------</td>
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<tr>
<td><strong>Healthy Eating</strong></td>
<td></td>
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<tr>
<td>Teachers should provide enthusiastic modeling to encourage acceptance of new fruits and vegetables</td>
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<tr>
<td>Teachers should never force children to try all foods served but encourage with informal modeling</td>
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<tr>
<td>Use student rewards that promote health, only with non-food items or activities</td>
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<tr>
<td>Establish a school garden and serve fruits and vegetables from the garden at meals</td>
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<tr>
<td>Serve a variety of fruits and vegetables over the course of a 5 day week</td>
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<tr>
<td>Restrict packaged snacks and sweet drinks for classroom celebrations</td>
<td>○ ○ ○ ○ ○ ○ ○ ○ ○</td>
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<tr>
<td>Provide water bottles free of charge and increase water fountains at all early childhood centers</td>
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<tr>
<td>Teachers should not bribe children nor use food as a reward or a punishment</td>
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<tr>
<td><strong>Other changes that are not necessarily best practices</strong></td>
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<tr>
<td>Total</td>
<td>1 1 1 1 1 1 1 1 1 1 1 1 1 2 0 0</td>
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<tr>
<td><strong>Staff/Parent-Focused</strong></td>
<td></td>
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<tr>
<td>Write/enforce mandatory policy restricting certain unhealthy foods from all staff and parent meetings</td>
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<td>Increase nutrition education - Promote key HE messages to parents and staff in ECE settings (flyers, handouts, posters, and brochures)</td>
<td>- - - - - ● ● ● ● ● ● ● ● ● ● ●</td>
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<tr>
<td>Formal nutrition education programs for families and staff</td>
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<td><strong>Other changes that are not necessarily best practices</strong></td>
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<tr>
<td>Total</td>
<td>2 2 2 2 2 2 2 2 2 2 2 1 1 1 1 1</td>
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<tr>
<td>Health Eating Overall Total</td>
<td>3 3 3 3 3 3 4 3 3 3 3 2 3 1 1</td>
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● fully in place; ○ partially in place; - selected, but not implemented yet
<table>
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<td></td>
<td>Catholic Charities</td>
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<tr>
<td><strong>Physical Activity (PA)</strong></td>
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<tr>
<td>Teachers should lead children in structured physical activities at least 2 times per day</td>
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<tr>
<td>Teachers should join children in active play</td>
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<tr>
<td>Childcare sites should have a variety of portable play equipment in good condition</td>
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<tr>
<td>Portable play equipment (balls, hoops, ropes) should be available to preschoolers during both outdoor and indoor time.</td>
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<tr>
<td>Create more open play space (fields, grassy areas) in outdoor areas</td>
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<tr>
<td>Planned physical activity into the daily preschool schedule that are composed of short activity sessions (15-20 min) with a focus on varied movements, such as dancing to music and relay races</td>
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<tr>
<td>Increase size of outdoor play area - It is recommended that play areas are a minimum of 75 sq. ft. at preschools</td>
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<tr>
<td>Have adequate provision of covered areas for shade and shelter on playgrounds</td>
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<tr>
<td>Do not withhold physical activity as punishment</td>
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<tr>
<td><strong>Other changes that are not necessarily best practices</strong></td>
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<tr>
<td>Total</td>
<td>0</td>
</tr>
<tr>
<td><strong>Staff/Parent-Focused</strong></td>
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<tr>
<td>Increase PA education - Promote key PA messages to parents and staff in ECE settings (flyers, handouts, posters, and brochures)</td>
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<tr>
<td>Provide physical activity training and education for ECE staff throughout the school year – at least 2 times/year (IMIL, SPARK, Animal Trackers)</td>
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<tr>
<td><strong>Other changes that are not necessarily best practices</strong></td>
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<tr>
<td>Total</td>
<td>0</td>
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<tr>
<td><strong>Physical Activity Overall Total</strong></td>
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Funding for the Culture of Wellness in Preschools is provided by the Colorado Health Foundation, grant # 4452. The Rocky Mountain Prevention Research Center is funded through the Centers for Disease Control and Prevention Cooperative Agreement U48 DP001938.
Rural Development Funding Opportunities

Robin Pulkkinen
Rural Development’s Mission

❖ To increase Economic Opportunity in Rural America

❖ To improve the Quality of Life in Rural America
What Services Does Rural Development Provide for Rural Colorado?
• **Housing** – build and renovate homes, rental opportunities

• **Business** – Planning and assistance to businesses and cooperatives to include value added producer programs

• **Infrastructure** – water, electric, broadband, renewable energy, and telecommunications

• **Community Facilities** – fire stations, medical clinics, child care, assisted living, nursing homes, food banks, farmer’s markets, community gardens
Community Facility Funding
Loans/grants

3 Eligibility Criteria

• Entities – Municipalities, Non-profits, Tribes
• Location – Less Than 20,000 in population
• Project – Essential Community Facility
Contact Information

Janice Pond
Community Programs Director
Denver, CO
720-544-2927
janice.pond@co.usda.gov

Duane Dale – Specialist
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Cortez, CO
970-565-8416
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David Carter - Specialist
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Robin Pulkkinen
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Julie Scruby – Specialist
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Wray, CO
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julie.scruby@co.usda.gov

Lennece Saracino
Southeast Colorado
Las Animas, CO
719-456-0120
lennece.saracino@co.usda.gov

For more information on
USDA Rural Development Programs in Colorado,
visit our website at:
www.rurdev.usda.gov/co
Questions?
Speaker Contacts

- Lisa Walvoord – lisawalvoord@livewellcolorado.org
- Robin Anthony – robin.anthony@ABCCDC.COM
- Bryanne Goddard – jbdgoddard@yahoo.com
- Anne Zander – azander@bouldercounty.org
- Jini Puma – Jini.Puma@ucdenver.edu
- Robin Pulkkinen – robin.pulkkinen@co.usda.gov
Food Systems Toolbox

www.livewellcolorado.org/foodsystems
Resources

❖ CSU Extension (download any of the archived Family Matters) [http://www.ext.colostate.edu/pubs/fammatrs/fm menu.html](http://www.ext.colostate.edu/pubs/fammatrs/fm menu.html)

❖ For reports on food access in child care centers and home day care, email [wendy@wpmconsulting.net](mailto:wendy@wpmconsulting.net)


❖ National Farm to Preschool, [www.farmtopreschool.org](http://www.farmtopreschool.org)
Thank you!

Thank you for joining us! Please join us for next month’s webinar:

Programs, Tools, & Trainings to Connect Beginning Farmers to Land & Other Resources in Colorado

Thursday March 27th, 2014, 1-2pm

Find out about future webinars on LiveWell’s webinar page at http://livewellcolorado.org/livewells-commitment/research-and-publications/webinars