

California

A Recipe for Success

“Our children must have extra support if they are going to succeed in life,” said Joy Cyprian, owner and operator of Joy’s Kids ClubHouse, a home-based early child care program in La Puente, California. La Puente sits just east of downtown Los Angeles, and according to Cyprian, it is considered an at-risk area. Because of this, Cyprian wants to ensure children in her community beat the odds by helping them enter school healthy and ready to learn.



Joy's Kids show off their gardening skills..

Cyprian has been in the early child care field for over 20 years and operates Joy’s Kids ClubHouse with her daughter, Crystal. Together, they have incorporated the Let’s

Move! Child Care initiative into their program as a way to embrace a healthier way of living.

“Our preschool students, families, and teachers have embodied eating healthier, more physical activity, and living a fit lifestyle,” said Crystal. “This was an exciting project for our community and we plan to continue educating students, families, and staff about incorporating healthier choices and the benefits it produces.”

The children at Joy’s Kids are harvesting vegetables in their preschool garden and enjoying nutritious meals from what they’ve grown. In addition, more physical activities have been added to daily routines.



To celebrate the Let’s Move! third anniversary, Joy’s Kids ClubHouse joined in the fun by throwing a healthy and active birthday party!