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## Colorado

### **Wildwood Child and Adult Care Food Program Promotes *Let's Move!* Child Care in Colorado**

Kati Wagner, President of the Wildwood Child and Adult Care Food Program (CACFP) in Centennial Colorado, has teamed up with the *Let's Move!* Child Care (LMCC) initiative and shared how she and her team are working to get Colorado CACFP providers signed up and participating in LMCC.

#### **What are some of the activities that Wildwood CACFP program uses to promote LMCC?**

**Sponsoring workshops at the Wildwood CACFP Conference.** In Colorado, providers signed up for CACFP are required to complete 15 continuing education units (CEUs) each year to remain eligible for the program. Kati and her statewide staff provide 8 CEUs at the annual Wildwood CACFP Conference, which helps many providers to reach the requirement quickly. At the conference this past August, there were 204 attendees. Kati teamed up with LMCC to have a workshop on the benefits of CACFP providers signing up and participating in LMCC. Since the conference, Kati and the Wildwood staff

have followed up with the providers that participated in the workshop individually to check on progress of the providers completing the checklist quiz and meeting the best practices of LMCC. As an incentive, providers that complete the checklist quiz and meet the best practices of LMCC before the end of the year are placed in a drawing for a special prize.

**Creating correspondence courses.** Kati and her team also develop correspondence courses that relate to the goal areas of LMCC. These courses also help towards the CEUs and licensing requirements in Colorado and are given to providers during the home visits. During these visits with the providers, Wildwood's Field Monitors also encourage providers that are not already signed up for LMCC to sign up, complete the checklist quiz and develop an action plan. Due to the high demand of providers requesting correspondence courses, Kati also hired registered dietitians to help with the development of additional correspondence courses. The Wildwood CACFP program now offers more CEUs to providers, which also gives more opportunities for Kati's staff to teach best practices of both CACFP and LMCC to providers.

**Collaborating with programs in the Colorado area.** Through collaboration with Cooking Matters Colorado, Cooking Matters sponsors several free trainings throughout the state of Colorado specifically for family child care providers who teach about healthy meal preparation and creating a healthy food environment for the kids in their care. Also through a grant from The Colorado Health Foundation, Kati coordinated with other Colorado CACFP sponsors to create 2 workshops for parents and providers about the benefits of participating in the CACFP program and helping children to eat healthy. Additionally the Colorado sponsors developed three flyers to be sent to parents to help parents understand the importance of having their children in the care of a provider on the CACFP.

## Tips for Success

- **Use conferences and on the ground training to reach as many providers as possible.** Invite local organizations to be guest presenters or share resources at workshops. Provide as many incentives as possible to draw attention to the workshops, such as CEUs or other materials that providers can use. Continue to engage providers after workshops and trainings to see if your efforts are working.
- **Collaborate with programs in your area.** Look for other sponsors or groups in your area with an interest in addressing childhood obesity, healthy eating, wellbeing of children, etc. They may want to help provide materials and funding for workshops and trainings.
- **Talk about your success at other conferences and events.** Kati recently attended the Roundtable Conference in Sacramento, California with California sponsors. She was able to present a workshop about the LMCC activities that she started in Colorado and made sure that everyone at the conference left with the LMCC website and contact information.

We want to feature your story of progress and success working on the five *Let's Move!* Child Care goals. Please email a brief description of your story with your contact information, including program name, city and state, to [eeceobesity@cdc.gov](mailto:eeceobesity@cdc.gov) with the subject heading "Program Success Story."