Peer Learning Meeting 2: Menus, Labels, and Moving!

Early Childhood Health Promotion and Obesity Prevention

National Early Care and Education Learning Collaboratives (ECELC) Project

Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a five-year Cooperative Agreement (U58DP004102-01) to support states/laterals in launching early care and education learning collaborative focused on childhood obesity prevention. The views expressed in written materials or publications, or by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Acknowledgements

A special thank you to:

- **Centers for Disease Control and Prevention (CDC)**
  - For generous funding support and expertise
- **Nemours**
  - For their expertise, materials, support, and time spent on the project’s implementation
- **Gretchen Swanson Center for Nutrition**
  - For the evaluation component of this national effort
Menu Analysis Activity

Each Type of Menu Improvement Can Be a Goal!

- Increasing whole grains
- Reducing processed meats (hot dogs, bologna, bacon, sausage)
- Reducing processed cheese food or cheese product
- Reducing fried and pre-fried food
- Increasing total daily or weekly servings of vegetables
- Reducing or eliminating juice
- Reducing total daily or weekly servings of processed foods
- Reducing servings of high fat, high salt crackers such as Goldfish, Ritz crackers, etc.
- Reducing sugar or salt
What is processed food?

- **Food processing**

  is the transformation of raw ingredients, by physical or chemical means into food, or of food into other forms. Food processing combines raw food ingredients to produce marketable food products that can be easily prepared and served by the consumer.

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Michael Pollan explains processed food…

- [https://www.youtube.com/watch?v=Kvjx7qOwBE](https://www.youtube.com/watch?v=Kvjx7qOwBE)
Reading and Comparing Labels

- How do you want to improve your menu? Pick one or two areas of focus.
- Look over the food items in each grouping and rank them from best to worst based on your chosen criteria first, and then based on your general knowledge of nutrition.
- Which items would be healthiest based on information in Best Practices for Healthy Eating from Nemours?
I Like to Move It, Move It!

The Motor Crawl
RAINBOW Wind Sock

Inspire Movement and Self Expression
The Family Conservancy’s Pinterest Page!

https://www.pinterest.com/ccaattfc/

Creating a Storyboard

- **Programs will express their story of change by:**
  - Describing what change(s) were made and how they did it
  - Sharing who was involved in the process
  - Explaining accomplishments and challenges faced
  - Sharing photos of the implementation process
  - Describing how participants reacted to the change(s)
  - Outlining any program policies that were updated as a result
  - Explaining the next steps they will take to sustain the change(s)