Learning Session 2 Objectives

At the end of the Learning Session, providers will be able to:

1. Describe best practices for healthy eating and identify change opportunities within their program.
2. Start creating an Action Plan to implement one or two changes in the area(s) of healthy eating, physical activity, screen time, and/or breastfeeding support.
3. Start creating a storyboard to document and communicate the process of healthy change.
Technical Assistance Groups

Action Plan

LS2 Action Period

The ABC’s of a Healthy Me!
Go NAP SACC*

Serving Meals Family-Style & Supporting Breastfeeding
Continue Action Plan & Storyboard

Reducing Screen Time & Celebrating Success
Continuing the process of change

Nurturing Healthy Eaters & Providing Healthy Beverages
Action Plan

Getting Kids Moving
Continue Action Plan & Storyboard

*Go NAP SACC is a Nutrition and Physical Activity Self Assessment for Child Care for ECE settings comparing current practices with a set of best practices
Healthy Weight

- Healthy weight means you are not overweight or obese
- Weight is a concern because of health, not appearance
- Healthy weight ≠ health
- Small changes can make you feel great!
- Remember, weight should not be discussed with children

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Healthy Weight

- To maintain weight, energy in = energy out
  - Energy (calories) in
    - Find your calorie goal
    - Increase awareness!
    - Increase fruits and veggies
    - Reduce portion sizes
    - Eat a nutrient dense breakfast
  - Energy (calories) out
    - Increase physical activity
    - Limit inactivity (screen time, sitting, etc.)
CACFP Handbook

Resources

- Healthy Kids, Healthy Future
  - www.healthykidshealthyfuture.org
- MyPlate for Preschoolers
  - http://www.choosemyplate.gov/preschoolers.html
- Nutrition and Wellness Tips for Young Children
  - www.teamnutrition.usda.gov
- Nemours’ Best Practices for Healthy Eating
  - www.healthykidshealthyfuture.org
- Child and Adult Care Food Program (CACFP)
  - www.fns.gov/cacfp
  - To locate the State agency for CACFP, visit: www.cacfp.org/resources/usda-stage-agencies/