



Did you know that 42% of children in LA County are overweight or obese? Scary? You bet it is!

Join Child Care Providers across LA County in combating childhood obesity! Child Care Providers are in a powerful position to be agents of change and can influence children and families to adopt healthy habits. Join the LA County Early Care and Education Learning Collaboratives (ECELC) Project today!

Who Is Eligible:

Child Care Centers, including Head Start and Early Head Start programs, located in LA County; priority will be given to centers located in areas with high childhood obesity rates and of high economic need

Participating Program Benefits:

- \$500 stipend for participating programs
- FREE training resources and toolkits
- 15 months of FREE, individualized, on-site technical assistance by child development/health experts
- FREE professional development hours & invaluable networking with other ECE professionals

Project Goals:

To create healthier environments for children, families and staff by applying evidence-based obesity prevention best practices in child care centers. Best practices include:

Increasing Physical Activity	Improving Nutrition
Reducing Screen Time	Engaging Families as Partners
Breastfeeding Support	Increasing Fruit & Vegetable Consumption

Your Commitment:

- Select a leadership team of 3 staff members
- Attend 5 (6 hour) trainings over the course of 1 year
- Share information with your program and complete tasks between trainings
- Develop 2 Action Plans and 2 Storyboards
- Complete pre and post assessment tests

INTERESTED? CALL NOW TO ENROLL FOR SPRING 2015!

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Past Participants Have Included:

Plaza Head Start	Human Services Association (HSA) Head Start
PACE Head Start	Salvation Army Child Development Center (South LA)
Crystal Stairs Head Start	Volunteers of America (VOA) Head Start
Middleton Primary (LAUSD)	Coalicion de Latinos Americanos Child Care Centers
MAOF Head Start	Drew Child Development Centers
YMCA Preschools	Wonder World Preschools
Lynwood Unified School District	East Los Angeles College Child Development Center
East Valley Boys and Girls Club	Maryvale Early Education Centers
Private Preschools	Faith-Based Preschools

A Few Testimonials:

Angeles Mesa YWCA of Greater Los Angeles, Los Angeles, CA

Center Changes: Instituted “Healthy Celebrations”, Increased Structured Physical Activity Opportunities & Started a Staff Wellness Movement

When asked to describe her experience in the program, Head Teacher Ms. Rodriguez said it has been “Life-changing. Really! For the kids, and for the teachers, and for me. I looked at myself and realized I personally needed to make a change. I’ve started going to the gym. I’ve started eating healthier. The kids are calmer in their classrooms as a result of the increased physical activity and improved nutrition.”

Girls Club of Los Angeles Faith Children’s Center, Los Angeles, CA

Center Changes: Increased Water Consumption, Set Healthy Food Policies for Packed Lunches & Provided Parent Education on Healthy Meal Planning at Home

Executive Director Gloria Davis says: “If I could describe my program in one word, that word would be ‘transform’. The reason I use the word transform is that because through this whole experience, I have changed, the teachers have changed and the children have changed. Our focus is on balanced meals that include a variety of well-prepared foods that provide the foundation for developing positive attitudes towards foods, understanding good nutrition and forming lifelong, good eating habits.”

A Gr8t Beginning Academy, Carson, CA

Center Changes: Instituted Healthy Celebrations, Switched to Healthy Beverages, Increased Physical Activity Opportunities for Children & Provided Parent Trainings on Healthy Meal Planning at Home

When asked to describe her experience, Ms. Dixon, the center Director, said it has been “A supportive, positive change. As a Director of an ECE center, there is not really a support group or place to go and get ideas”. She shares that this program has provided her with resources, support and a place to make connections with others working in the ECE field.

Park Avenue Christian Day Nursery School, Montebello, CA

Center Changes: Increased Physical Activity for Children & Started Implementing Family-Style Dining

When asked to describe her experience in one word, Ms. Rodriguez, the center Director, said “Awesome. Awesome because I have learned so much information from the presenters and from the different participants on what works and doesn’t work. I am getting great suggestions and ideas.”

St. Anthony Preschool, San Gabriel, CA

Center Changes: Increased Physical Activity Opportunities and Instituted a Healthy Beverages Policy

When asked to describe her experience in the program, Lead Teacher Nicole Cendejas said it has been “Encouraging. The program is encouraging us as educators to provide the best for our students and to support our parents. It makes us more involved in our community.”