



Preschools SHINE Fact Sheet

Criteria for Element 7: Professional Development

- **Complete the Nutrition Services Division online courses: Preschool Nutrition and Active Physical Play; Mealtime Environment; Healthy Meals, Healthy Children; Nutrition Guidelines; Whole Grains and Vegetables Subgroups in the CACFP; and Food Safety.**
- **Attend two Preschools SHINE forums: “Nutrition and Physical Activity” and “Meal Quality.”**

Staff training is important to a quality child nutrition and physical activity program. Key staff or leadership team members should be adequately trained and regularly participate in professional development activities to improve their knowledge and skills and understand their responsibilities. Follow the practices below to meet the criteria for Element 7.

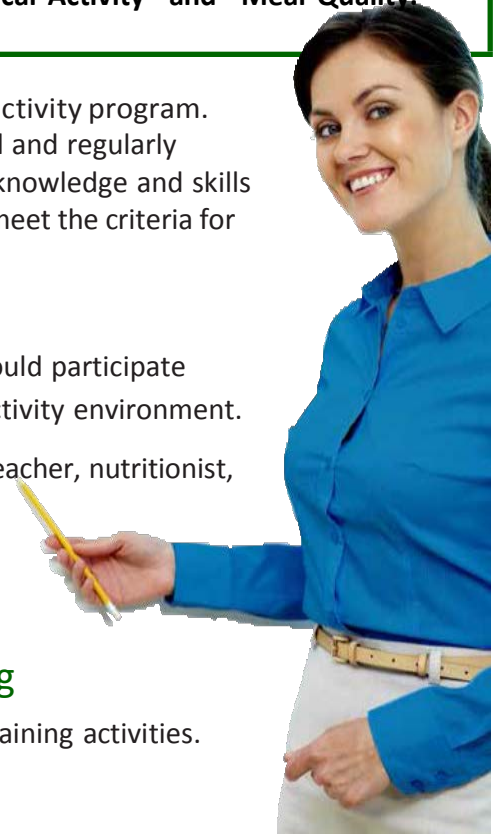
Identify Who Should Be Trained

Staff members who play a key role in shaping healthy behaviors should participate in professional development related to the nutrition and physical activity environment.

- In a child care center, *key staff* means the site director, lead teacher, nutritionist, cook, menu planner, and other food service personnel.
- In family child care homes, *key staff* means the sponsor organization staff members and provider.

Participate in Required Preschools SHINE Training

To become a Preschools SHINE site, key staff must participate in training activities. For more details, refer to the following chart.



Courses	For a Center				For a Family Child Care Home	
	Professional Growth	Director	Lead Teacher	Cook/Food Service	Sponsor Organization	Provider
Online						
Preschool Nutrition	3.0	✓	✓		✓	✓
Mealtime Environment	1.5	✓	✓		✓	
Healthy Meals, Healthy Children	5.0	✓	✓	✓	✓	
Nutrition Guidelines	1.0	✓	✓	✓	✓	
Food Safety	2.5	✓	✓	✓		
Whole Grains and Vegetables Subgroups in the CACFP	3.0	✓	✓	✓	✓	
New CACFP Meal Pattern (Pending)	To be determined	✓	✓	✓	✓	
Forums						
Nutrition and Physical Activity	7.5	✓	✓		✓	✓*
Meal Quality	4.0	✓		✓	✓	✓*
Total Hours	27.5	* Recommended but not required for providers.				

