



Preschools SHINE Web Resources

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Element 1: Child and Adult Care Food Program

Criteria:

Participate in the Child and Adult Care Food Program (CACFP)

Resource Links:

California Department of Education (CDE) Website (<http://www.cde.ca.gov/ls/nu/cc/>)

CDE, CACFP Management Bulletins (<http://www.cde.ca.gov/ls/nu/cc/mb.asp>)

U.S. Department of Agriculture (USDA), CACFP (<http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>)

USDA, CACFP Policy Memos (<http://www.fns.usda.gov/cacfp/policy>)

California Professional Nutrition Education and Training (Cal-Pro-NET) Center at Fresno City College (<http://www.fresnocitycollege.edu/index.aspx?page=2202>)

Element 2: Meal Quality

Criteria:

Follow the CACFP Meal Pattern (<http://www.fns.usda.gov/cacfp/meals-and-snacks>) and implement the following practices.

Healthy beverages

- Offer low-fat (1%) or fat-free milk.
- Offer no more than one serving of 100% juice daily.
- Ensure water is accessible to children every day.

Fruits and Vegetables

- Serve fresh or frozen fruits and vegetables daily.
- Offer a variety of fruits and vegetables such as dark green vegetables and leafy vegetables; red, purple, orange fruits and vegetables; beans and peas (legumes); and starchy and other vegetables.

Whole Grains

- Ensure that at least half of the grains served are whole grains (<http://www.choosemyplate.gov/food-groups/grains.html>).
- Serve whole-grain, enriched, or fortified breakfast cereals with no more than 6 grams of sugar per serving.

Protein Foods

- Serve lean meats, poultry, fish, dry beans and peas, nuts, eggs, low-fat yogurt, and cheese.
- Serve cooked dry beans and peas weekly.
- Limit serving processed meats to four times per month or less.

Oils/Others

- Do not deep-fry foods on site to serve to children.
- Limit serving prefried foods to two times per month or less.

Follow food safety principles and serve meals that are safe for children to eat.

Resource Links:

General Information

USDA, Building Blocks for Fun and Healthy Meals (<http://www.fns.usda.gov/tn/building-blocks-fun-and-healthy-meals>)

National Food Service Management Institute (NFSMI) Website (<http://nfsmi.org/>)

NFSMI, Mealtime Memos for Child Care (<http://www.nfsmi.org/ResourceOverview.aspx?ID=87>)

USDA, Nutrition and Wellness Tips for Young Children (<http://www.fns.usda.gov/sites/default/files/handbookintro.pdf>)

Nemours Health & Prevention Services, Best Practices for Healthy Eating (<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf>)

USDA, Improving Nutrition and Physical Activity (<http://healthymeals.nal.usda.gov/state-resources/first-years-first-state-toolkit-improving-nutrition-and-physical-activity-quality>)

Menu Planning

NFSMI, Care Connection (<http://www.nfsmi.org/ResourceOverview.aspx?ID=203>)

USDA, Menu Planning Tools for Child Care Providers (<http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-child-care-providers>)

Recipes

NFSMI, Recipes for Child Care Programs (<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTYzJmlzTWdyPXRydWU=>)

USDA, Crediting Handbook for the CACFP (<http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>)

What's Cooking? USDA Mixing Bowl (<http://www.whatscooking.fns.usda.gov/>)

USDA, Recipes for Healthy Kids: Cookbooks for Homes (<http://www.fns.usda.gov/recipes-healthy-kids-cookbook-homes>)

USDA, Recipes for Healthy Kids: Cookbooks for Child Care Centers and Schools (<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>)

Food Purchasing

USDA, Food Buying Guide for Child Nutrition Programs (<http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>)

Healthy Beverages

Robert Wood Johnson Foundation, Healthy Eating Research: Recommendations for Healthier Beverages (http://www.rwjf.org/content/dam/farm/reports/issue_briefs/2013/rwjf404852)

California Food Policy Advocates (CFPA), Healthy Beverages in Child Care (<http://healthybeveragesinchildcare.org/index.shtml>)

CFPA, Healthy Beverages in Child Care Poster
(<http://www.ucsfchildcarehealth.org/pdfs/posters/others/HealthyBevPoster.pdf>)

USDA, Build a Healthy Plate With Milk
(<http://www.fns.usda.gov/sites/default/files/milk.pdf>)

CDE, Fluid Milk/Fluid Milk Substitutions-Revised
(<http://www.education.ca.gov/ls/nu/cc/mbusdacacfp202011.asp>)

USDA, Make Water Available Throughout the Day
(<http://www.fns.usda.gov/sites/default/files/water.pdf>)

CDE, Water Availability in the CACFP
(<http://www.cde.ca.gov/ls/nu/cc/mbusdacacfp132011.asp>)

National Resource Center for Health and Safety in Child Care and Early Education (NRC), Water and 100% Juice (<http://nrckids.org/default/assets/File/JuiceTipSheet.pdf>)

First 5 California, Healthy Drinks (<http://www.first5california.com/parents/health-center.aspx?id=1&sub=5>)

Fruits and Vegetables

USDA, Build a Healthy Plate with Fruit
(<http://www.fns.usda.gov/sites/default/files/fruits.pdf>)

NFSMI, Serving a Variety of Fruits on a Budget
(<http://www.nfsmi.org/documentlibraryfiles/PDF/20130325084450.pdf>)

NFSMI, Culinary Techniques: Preparing Fruits
(<http://www.nfsmi.org/documentlibraryfiles/PDF/20100210093833.pdf>)

USDA, Build a Healthy Plate with Vegetables
(<http://www.fns.usda.gov/sites/default/files/vegetables.pdf>)

Whole Grains

USDA, Build a Healthy Plate with Whole Grains
(http://www.fns.usda.gov/sites/default/files/whole_grains.pdf)

Whole Grains Council, Whole Grains 101 (<http://wholegrainscouncil.org/whole-grains-101>)

NFSMI, Whole Grains in Child Nutrition Programs
(<http://www.nfsmi.org/ResourceOverview.aspx?ID=390>)

Protein Foods

USDA, Go Lean with Protein (<http://www.choosemyplate.gov/preschoolers/daily-food-plans/about-protein-foods.html>)

USDA, Build a Healthy Plate with Dry Beans and Peas (<http://www.fns.usda.gov/sites/default/files/drybeans.pdf>)

USDA, Beans (<http://healthymeals.nal.usda.gov/menu-planning/beans>)

Oils

USDA, Fats and Oils (<http://www.fns.usda.gov/sites/default/files/fats.pdf>)

Element 3: Mealtime Environment

Criteria:

Serve meals and snacks family style:

- Staff members sit with children, model healthy eating, and eat the same meal that the children eat.
- Children have adequate time to eat a meal or snack.
- Staff members practice Ellyn Satter's "Division of Responsibility in Feeding" principles.

Resource Links:

Let's! Move Child Care (LMCC), Making Family Style Dining Work (<http://www.healthykidshealthyfuture.org/home/resources/success/jcc.html>)

Healthy & Active Preschoolers (HAP) Website, Mealtime Environment Course (http://www.healthypreschoolers.com/?page_id=23)

Ellyn Satter Institute, Ellyn Satter's Division of Responsibility in Feeding (<http://ellynsatterinstitute.org/dor/divisionofresponsibilityinfeeding.php>)

Element 4: Nutrition Education

Criteria:

- Provide healthy nutrition experiences for children regularly (two to four times a month).

- Display, in the site environment, images of healthy foods on posters, in storybooks, and other materials.

Resource Links:

HAP Website, Food for Thought Curriculum
(http://www.healthypreschoolers.com/?page_id=12)

Dairy Council of California, Building a Healthy Me
(<http://www.healthyeating.org/Schools/Classroom-Programs/Kindergarten.aspx>)

HAP Website, Nutrition Education Resources
(http://www.healthypreschoolers.com/?page_id=49)

Element 5: Garden-Enhanced Nutrition Education (Optional)

Criteria:

- Provide enriching garden experiences for children.
- Include an edible indoor or outdoor garden.

Resource Links:

USDA, Grow It, Try It, Like It Nutrition Education Kit (<http://www.fns.usda.gov/tn/grow-it-try-it-it>)

Life Lab, Sowing the Seeds of Wonder (<http://www.lifelab.org/store/curriculum/>)

Collective School Gardening Network Website (<http://csgn.org/>)

Farm to Preschool: Harvest of the Month
(<http://www.farmtopreschool.org/documents/F2P%20Curriculum.pdf>)

Urban & Environmental Policy Institute, Occidental College, Preschool Gardens
(<http://farmtopreschool.org/preschoolgardens.html>)

Life Lab, A Guide for Creating School Gardens as Outdoor Classrooms
(<http://www.lifelab.org/wp-content/uploads/2010/06/GettingStarted.pdf>)

Western Growers, Foundation Tool Shed
(<http://www.westerngrowersfoundation.org/tool-shed>)

HAP Web site, Farmers Markets (<http://www.healthypreschoolers.com/resources>)

Element 6: Physical Activity

Criteria:

- Provide opportunities for unstructured physical activity for 60 minutes every day.
- Provide opportunities for structured physical activity for 60 minutes every day.
- Integrate physical activity into school readiness activities.
- Ensure children are not sedentary for more than 60 minutes at a time.
- Limit screen viewing time to 30 minutes per week.

Resource Links:

Let's Move! Child Care (<http://healthykidshealthyfuture.org/welcome.html>)

Head Start Body Start Website (<http://courses.aahperd.org/>)

Nemours Health & Prevention Services, Best Practices for Physical Activity
(<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/pa/guide2010.pdf>)

NRC, Motion Moments for Preschoolers (video)
(<http://nrckids.org/index.cfm/products/videos/motion-moments1/>)

HAP Website, Physical Activity Resources
(http://www.healthypreschoolers.com/?page_id=49)

USDA, Provide Opportunities for Active Play Every Day
(http://www.fns.usda.gov/sites/default/files/opportunities_play.pdf)

USDA, Encourage Active Play and Participate with Children
(<http://www.fns.usda.gov/sites/default/files/participate.pdf>)

USDA, Active Play Tip Sheets
(<http://www.fns.usda.gov/sites/default/files/activeplaytips.pdf>)

USDA, Limit Screen Time (<http://www.fns.usda.gov/sites/default/files/limitscreen.pdf>)

Georgetown University, One Step at a Time: Helping Young Children Be Active
(<http://www.brightfutures.org/one-step/>)

Element 7: Professional Development

Criteria:

- Staff members complete the Complete the NSD online courses: Preschool Nutrition and Active Physical Play; Mealtime Environment; Healthy Meals,

Healthy Children; Nutrition Guidelines; Whole Grains and Vegetable Subgroups in the CACFP; and Food Safety.

- Staff members attend two Preschools SHINE forums: “Nutrition and Physical Activity” and “Meal Quality.”

Resource Links:

Bright Futures Obesity Prevention Training for Child Care Providers
(<http://www.brightfutures.org/one-step/>)

HAP Website, Mealtime Environment Course
(http://www.healthypreschoolers.com/?page_id=23)

Food Safety (http://www.healthypreschoolers.com/?page_id=25)

Healthy Meals, Healthy Children
(<http://www.fresnocitycollege.edu/index.aspx?page=2214>)

HAP Website, Nutrition Guidelines Course
(<http://www.fresnocitycollege.edu/index.aspx?page=2214>)

Cal-Pro-NET Center, Whole Grains and Vegetable Subgroups in the CACFP; Making Meals Healthier (<http://www.fresnocitycollege.edu/index.aspx?page=2214>)

Element 8: Wellness Policies

Criteria:

- Adopt written wellness policies related to meal quality, mealtime environment, nutrition/garden education, physical activity, and professional development.

Resource Links:

USDA, Wellness Policy Resources for Child Care
(<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-resources-child-care>)

Contra Costa Child Care Council, Creating Healthy Opportunities in Child Care Environments (<http://cocokids.org/child-health-nutrition/wp-content/uploads/sites/3/2013/08/CHOICE-Creating-Healthy-Opportunities-in-Child-Care-Environments-Manual.pdf>)

State Department of Connecticut, Action Guide for Child Care Nutrition and Physical Activity Policies (<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322594>)

Nemours Child Care Wellness Policy Workbook

(<http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/Child%20Care%20Wellness%20Policy%20Workbook.pdf>)

USDA, Dietary Guidelines for Americans

(<http://www.cnpp.usda.gov/dietaryguidelines.htm>)

National Resource Center for Health and Safety in Child Care and Early Education, Preventing Childhood Obesity in Early Care and Education Programs

(http://cfoc.nrckids.org/StandardView/SpCol/Preventing_Childhood_Obesity)

National Resource Center for Health and Safety in Child Care and Early Education, Caring for Our Children (<http://cfoc.nrckids.org/>)

Harvard School of Public Health, Early Child Care Obesity Prevention

Recommendations (<http://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/early-child-care-obesity-prevention-recommendation-complete-list/>)

National Association for Sport and Physical Education, Active Start: A Statement of Physical Activity Guidelines for Children from Birth to Age 5

(<http://www.naeyc.org/files/yc/file/200605/NASPEGuidelinesBTJ.pdf>)

Go NAP SACC Self-Assessment: (<http://gonapsacc.org/resources/nap-sacc-materials>)

Contra Costa Child Care Council Self-Assessment, Best Practices for Child Care Nutrition and Physical Activity Environments

(<http://www.healthybeveragesinchildcare.org/bestpractices/BestPracticesHandbook.pdf>)

Element 9: Partnerships

Criteria:

- Establish partnerships with families and/or the community to support a healthy eating and physical activity environment at the site.

Resource Links:

Healthy & Active Preschoolers Web site, Connecting with Families Tip Sheets

(http://www.healthypreschoolers.com/?page_id=4720)

USDA, 10 Tips Nutrition Education Series (<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>)

Academy of Nutrition and Dietetics, Kids Eat Right

(<http://www.eatright.org/kids/landing.aspx?agegroup=4295378504>)

USDA, Nibbles for Health: Nutrition Newsletters for Parents of Young Children (<http://www.fns.usda.gov/nibbles-health-nutrition-newsletters-parents-young-children>)

USDA, Dig In! At Home Parent Booklet (<http://www.fns.usda.gov/tn/dig-home-parent-booklet>)

USDA, Family Resource (<http://fnic.nal.usda.gov/lifecycle-nutrition/child-nutrition/family-resources>)

Locations of Farmers' Markets (http://www.healthypreschoolers.com/?page_id=49)

Element 10: Leadership Team

Criteria:

- The leadership team consists of a director, teacher, parent, and food service personnel (nutritionist, cook, menu planner). The family child care home team will consist of the sponsor organization monitor and the provider.

Resource Links:

Penn State Extension, Research to Practice Tip Pages (<http://extension.psu.edu/youth/betterkidcare/knowledge-areas/k6/tips-sheets>)