



Preschools SHINE Elements and Criteria



Elements	Preschools SHINE Criteria
1. Federal Child Nutrition Program Participation	<ul style="list-style-type: none"> Participate in a federal child nutrition program and comply with federal and state requirements.
2. Meal Quality	<ul style="list-style-type: none"> Follow the appropriate meal pattern for the federal child nutrition program and implement the following practices: <ul style="list-style-type: none"> Healthy Beverages <ul style="list-style-type: none"> Offer low-fat (1%) or fat-free milk. Offer no more than one 4-oz. serving of 100% juice each day. Ensure water is accessible to children every day. Fruits and Vegetables <ul style="list-style-type: none"> Serve one fresh or frozen fruit and vegetable daily. Weekly menus include a minimum of one serving of the following vegetable subgroups (see Appendix A): dark green, red/orange, and beans and peas (legumes). Whole Grains <ul style="list-style-type: none"> Ensure that at least half of the grains served are whole grain-rich. Serve whole-grain rich, enriched, or fortified breakfast cereals with no more than 6 grams of sugar per serving. Protein Foods <ul style="list-style-type: none"> Serve lean meats, poultry, fish, nuts, eggs, low-fat yogurt, and cheese. Serve cooked dry beans and peas weekly. Limit serving processed meat to four times per month. Oils/Others <ul style="list-style-type: none"> Do not deep-fry foods on site to serve to children. Limit serving prefried food items to two times a month. Follow food safety principles and serve meals that are safe for preschoolers to eat.



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3. Mealtime Environment	<ul style="list-style-type: none"> • Serve meals and snacks <i>family style</i>: <ul style="list-style-type: none"> ○ 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.
4. Nutrition Education	<ul style="list-style-type: none"> • Provide healthy nutrition experiences for children at least twice monthly. • Display, in the site environment, healthy foods on posters, in storybooks, and on other materials.
5. Edible Gardening	<ul style="list-style-type: none"> • Provide enriching garden experiences for children. • Includes an edible indoor or outdoor garden.
6. Physical Activity	<ul style="list-style-type: none"> • Provide opportunities for unstructured physical activity for 60 minutes every day for full-day programs and 30 minutes for half-day programs. • Provide opportunities for structured physical activity for 60 minutes every day for full-day programs and 30 minutes for half-day programs. • Integrate physical activity into school-readiness activities. • Ensure that children are not sedentary for more than 60 minutes at a time. • Limit non-educational TV, computer, and electronic device time to 30 minutes per week.
7. Professional Development	<ul style="list-style-type: none"> • Leadership team members complete 15 hours of Professional Development Activities which may include: <ul style="list-style-type: none"> • Online courses on two CDE-developed Websites • Forums: “Nutrition and Physical Activity” and “Meal Quality.” • CDE-approved professional development activities at the discretion of the program lead (preschoolsshine@cde.ca.gov)
8. Wellness Policies	<ul style="list-style-type: none"> • Adopt written wellness policies related to meal quality, mealtime environment, nutrition education, edible gardening, physical activity, and professional development.
9. Partnerships	<ul style="list-style-type: none"> • Establish partnerships with families and/or the community to support a healthy eating and physical activity environment at the site.
10. Leadership Team	<ul style="list-style-type: none"> • Establish a leadership team. Team members may include a director, provider, teacher, food service personnel (nutritionist, cook, menu planner), sponsoring organization’s monitor, or parents.

