



California Department of Education, Nutrition Services Division

Program Overview

The California Department of Education (CDE) Nutrition Services Division (NSD) invites eligible child care sites to become certified as a Preschools SHINE program.

What is the Preschools SHINE Program?

Preschools Shaping Healthy Impressions through Nutrition and Exercise (SHINE) is a statewide recognition program that showcases the outstanding work that many California child care centers and day care homes do every day to promote the health and well-being of young children (two to five years old).

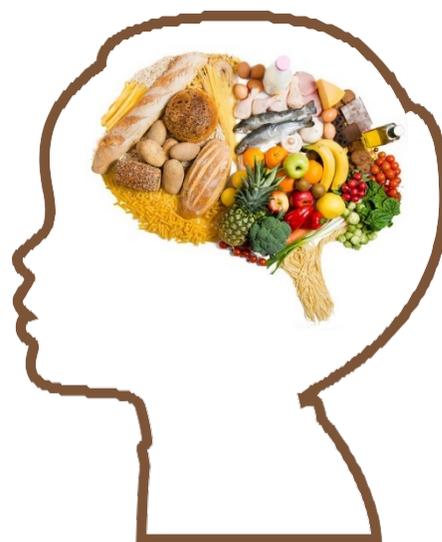
Preschools SHINE sites feature optimal policies related to health, nutrition, and physical activity practices that support children's health and readiness to learn. The root of childhood obesity may start long before children enter kindergarten; therefore, early childhood programs are ideal settings to encourage children and staff members to be physically active and learn about healthy food choices.

Participation in the Preschools SHINE program is voluntary. Children in the program:

- learn through active physical play;
- eat healthful meals and snacks;
- enjoy pleasant mealtimes with their peers and teacher;
- learn about planting vegetables, fruits, or herbs and taste the harvest;
- prepare, cook, and taste grains, vegetables, fruits, and protein foods;
- learn about nutrition in a variety of ways.

Program Elements and Criteria

The Preschools SHINE program promotes eating healthy foods and engaging in physical activity every day. It consists of 10 elements that foster healthy habits during the early years of growth and development. To be designated a Preschools SHINE site, child care programs must meet criteria which reflect current nutrition and physical activity standards that result in healthy outcomes for preschoolers.





Elements	Preschools SHINE Criteria
1. Federal Child Nutrition Program Participation¹	<ul style="list-style-type: none"> The child care program participates in a federal child nutrition program¹ and complies with federal and state requirements.
2. Meal Quality	<ul style="list-style-type: none"> The program follows the appropriate meal pattern for the federal child nutrition program and implements the following practices: <ul style="list-style-type: none"> Healthy Beverages <ul style="list-style-type: none"> Offers low-fat (1%) or fat-free milk. Offers no more than one 4 oz. serving of 100% juice each day. Ensures water is accessible to children every day. Fruits and Vegetables <ul style="list-style-type: none"> Serves 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"> Ensures that at least half of the grains served are whole grain-rich. Serves 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"> Serves lean meats, poultry, fish, nuts, eggs, low-fat yogurt, and cheese. Serves cooked dry beans and peas (legumes) weekly. Limits serving processed meats² to four times per month. Oils/Others <ul style="list-style-type: none"> Does not deep-fry foods on site to serve to children. Limits serving prefried food items³ to two times a month. The program follows food safety principles and serves meals that are safe for preschoolers to eat.

¹ A child care site may participate in either the Child and Adult Care Food Program (CACFP) or the National School Lunch Program

² Processed meats may include but are not limited to ham, Spam™, bologna, sausage, turkey lunch meat, lunch meats, pepperoni, salami, Canadian bacon, hot dogs (beef and poultry), fish sticks, and chicken nuggets. (Note: Fish sticks and chicken nuggets may also be prefried and will be allowable on menus two times per month.)

³ *Prefried* means food items that have been previously fried; such items may have been deep fried, flash fried, or par fried. *Deep fried* means a food item is cooked by immersing in oil or fat. *Flash fried* means a food item is quickly fried on both sides in oil with a temperature of 400 degrees Fahrenheit or higher. *Par fried* means a food item is fried to reach an internal temperature of 160 degrees Fahrenheit and then is cooled to room temperature to be refrigerated or frozen for future frying or baking.



Elements	Preschools SHINE Criteria
3. Mealtime Environment	<ul style="list-style-type: none"> • The program serves 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"> • The program provides healthy nutrition experiences for children at least twice monthly. • The program displays, in the site environment, healthy foods on posters, in storybooks, and on other materials.
5. Edible Gardening	<ul style="list-style-type: none"> • The program provides enriching garden experiences for children. • The program includes an edible indoor or outdoor garden.
6. Physical Activity	<ul style="list-style-type: none"> • The program has the following practices: <ul style="list-style-type: none"> ○ Provides opportunities for unstructured physical activity for 60 minutes every day for full-day programs and 30 minutes for half-day programs. ○ Provides opportunities for structured physical activity for 60 minutes every day for full-day programs and 30 minutes for half-day programs. ○ Integrates physical activity into school-readiness activities. ○ Ensures that children are not sedentary for more than 60 minutes at a time. ○ Limits non-educational TV, computer, and electronic device time to 30 minutes per week.
7. Professional Development³	<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 Web sites • 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"> • The program adopts 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"> • The program establishes 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"> • The program establishes a leadership team. Team members may include a director, provider, teacher, food service personnel (nutritionist, cook, menu planner), sponsoring organization’s monitor, or parents.

³ See Appendix B and Fact Sheet for Element 7 for details on Professional Development requirements.

Why Become a Preschools SHINE Site?

A Preschools SHINE site receives recognition for being a leader in designing a preschool program that puts children's health and well-being first. It is committed to continuous quality improvement to ensure positive child health outcomes. The site will receive a certificate of recognition, and its name will be posted on the CDE Web page as a recognized leader in health and wellness. Families who view the Web page can feel assured that the "curriculum" or plan of activities advocates an active lifestyle and healthy eating behaviors.

Who Can Apply?

Day care homes and child care centers that participate in a federal child nutrition program and have at least 50-percent of children aged two to five years enrolled in their program, may apply. Sites that independently meet the Preschools SHINE criteria may apply under Option 1; sites that do not meet the Preschools SHINE criteria may apply under Option 2, where a coach (available in the counties listed on page 6) will help the site to meet the Preschools SHINE criteria. Regardless of which option a site chooses, child care agencies/sites must submit an application to the NSD for approval to become a Preschools SHINE site.

SHINE Program Levels of Certification

The program is structured so all child care sites can achieve a beginning certification level (bronze), and then over time, make additional improvements to the site's wellness environment in order to reach higher and higher certification levels (silver and gold). Four required baseline elements must be implemented to apply for any level of SHINE certification:

- Element 1: Participation in a Federal CNP
- Element 4: Nutrition Education
- Element 7: Professional Development
- Element 10: Leadership Team

To achieve the **bronze level certification**, a site must choose two additional elements out of the remaining six elements.

To achieve the **silver level certification**, a site must choose four additional elements out of the remaining six.

And to achieve the **gold level certification**, a site must meet the criteria within all ten elements.

Using this tiered approach, a site can gradually implement more and more elements over time, achieving higher levels of certification.



Issuance of Certificate of Recognition

To receive a Preschools SHINE Certificate of Recognition, a site's preschool classrooms or home environment must meet all program elements and criteria within the chosen level of certification: Bronze, Silver, or Gold. Preschools SHINE Certificates of Recognition are good for four years, as long as the site continues to meet program criteria and fulfill its responsibilities as a Preschools SHINE program.



Renewal of Certificate of Recognition

Before the certificate expires, a site may submit an online application to request renewal of the certificate. The NSD, or its designee, will review each application and determine whether the site continues to meet the criteria for renewal of Preschools SHINE certification. The NSD, or its designee, will notify the agency/site in writing about the application decision.

How to Become a California Preschools SHINE Program

There are two ways to become a Preschools SHINE site:

Option 1—Applying for a Preschools SHINE Certificate of Recognition

Sites that meet the Preschools SHINE criteria within the chosen award level (bronze, silver, or gold) without requiring assistance can independently submit an application. These sites will ensure that the criteria within each of the selected elements are met, complete professional development hours by attending online and/or face-to-face trainings, and submit a [Preschools SHINE application](#) to PreschoolsSHINE@cde.ca.gov.

The NSD, or its designee, will review each application and determine whether the site meets the criteria to receive a Preschools SHINE Certificate of Recognition. The application review process may take up to 16 weeks. As part of the review process, agencies may receive a site visit before a certificate is awarded. The NSD, or its designee, will send written notification to applicants to inform them of its decision.



Application



This institution is an equal opportunity provider and employer.

Option 2—Applying for the Preschools SHINE Coaching Program

For a program that does not yet meet the criteria to be a Preschools SHINE site, the Preschools SHINE pilot coaching program may be another option. The Preschools SHINE coaching program is a pilot program offered to individual child care sites in El Dorado, Humboldt, Merced, Placer, Sacramento, and Yolo counties. Plans for further expansion are underway.

In the Preschools SHINE pilot coaching program, participating sites will have access to a coach, training, and resources designed to help them meet the criteria to become a Preschools SHINE site. The coach will help sites develop manageable steps to reach their goals.

Interested sites in the counties listed above must submit an e-mail requesting coaching services to preschoolsshine@cde.ca.gov. Requests for coaching can be submitted only between July and September of each year and will be processed in the order they are received. Preschools SHINE program staff will follow up with a phone call or site visit to assess the readiness of a site to participate in the Preschools SHINE program.

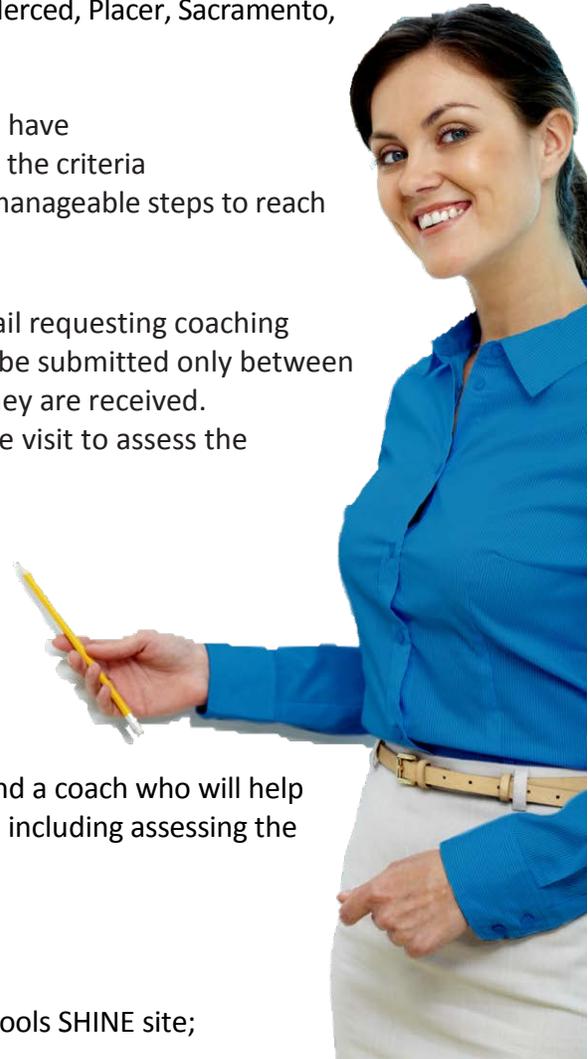
Within four to eight weeks of the request, the Preschools SHINE program staff will notify all interested sites regarding whether they have been accepted into the coaching program. Because of the intensive coaching provided, only a limited number of sites will be selected each year.

If selected, participating sites will have access to training, resources, and a coach who will help staff develop manageable steps to meet the Preschools SHINE criteria, including assessing the site's child care environment and developing an action plan.

The site will be expected to:

1. Submit a Letter of Commitment to work on becoming a Preschools SHINE site;
2. Participate in mandatory telephone conferences or Webcasts;
3. Work with the regional coach, as needed, for assistance in (a) assessing the site's environment using the Preschools SHINE Self-Assessment or other approved self-assessment instruments, (b) developing policies and improving the environment at their site by implementing the criteria within each element, and (c) implementing best practices that lead to healthy preschool environments.

Staff at the child care site will receive coaching support for the amount of time needed to meet the Preschools SHINE criteria, provided they show active involvement toward meeting the criteria. Typically sites receive coaching support for six to nine months. When the criteria are met, a child care program may submit an application to become a Preschools SHINE site and receive a Certificate of Recognition.



Preschools SHINE Application

Visit the California Department of Education Preschools SHINE Web page at <http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp> or e-mail preschoolsshine@cde.ca.gov for the Preschools SHINE application.

Responsibilities of a Preschools SHINE Site

When a site has achieved Preschools SHINE certification, it must continue to demonstrate the high standards set forth in the Preschools SHINE program.

To maintain Preschools SHINE certification, a site must fulfill the following conditions:

1. Continue to meet the Preschools SHINE Elements and Criteria.
2. Maintain the Leadership Team.
3. Serve as a touring agency and allow local, state, and national visitors/dignitaries to visit the site.
4. Continue to develop connections with families and community organizations to support the program.

Nutrition Services Division Responsibilities

The NSD or its designee:

1. May conduct a random, unannounced on-site visit to ensure maintenance of program requirements;
2. Will provide resources to the leadership team of a site so that it can remain up-to-date with current, evidence-based research and practices;
3. Will maintain the Preschools SHINE Web pages to support certificated sites.

When a child care site is designated as a Preschools SHINE center or family child care home, it becomes a model for promoting the health and well-being of children in the areas of nutrition and physical activity.



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Appendix A: Vegetable Subgroup Guide

Dark Green Vegetables

Arugula lettuce
 Bok choy
 Broccoli and broccoli rabe
 Butter head lettuce:
 Boston, bibb
 Chard
 Cilantro
 Collard greens
 Dark green leafy lettuce
 Kale
 Mesclun
 Mixed dark leafy greens:
 romaine, chicory, escarole,
 and endive
 Mustard greens
 Parsley
 Red leaf lettuce
 Romaine lettuce
 Seaweed
 Spinach
 Turnip greens
 Watercress

Red/Orange Vegetables

Acorn squash
 Butternut squash
 Carrots
 Hubbard squash
 Orange peppers
 Pumpkin
 Red peppers
 Sweet potatoes
 Yellow yams
 Tomatoes

Starchy Vegetables

Cassava
 Corn
 Potatoes
 Green bananas
 Green lima beans
 Green peas
 Jicama
 Plantains
 Taro
 Water chestnuts
 White yams

Bean and Peas (Legumes)

Black beans
 Black-eye peas
 Edamame (soybeans)
 Garbanzo beans (chickpeas)
 Kidney beans
 Lentils
 Lima beans (including fava and mung)
 Navy beans
 Pinto beans
 Soy beans
 Split peas
 White beans

Other Vegetables

Artichokes
 Asparagus
 Avocado
 Bamboo shoots
 Bean sprouts
 Beets
 Brussels sprouts
 Cabbage,
 Cactus
 Cauliflower
 Celery
 Chives
 Cucumbers/pickles
 Eggplant
 Garlic
 Green beans
 Green peppers
 Iceberg lettuce
 Jalapenos
 Mixed vegetables
 Mung bean sprouts
 Mushrooms
 Okra
 Olives
 Onions
 Parsnips
 Purple bell peppers
 Radishes
 Seaweed
 Snow peas
 Zucchini
 Yellow squash
 Tomatillos
 Turnips
 Wax beans
 Yellow peppers

Appendix B: Preschools SHINE Professional Development (PD) Options	Hours
Internet Resources	
Literature: NFSMI, Meal Patterns for the Child and Adult Care Food Program : How to Use the CACFP Meal Pattern for Children; Young Children Need Snacks for Balanced Nutrition; How to Use Meal Patterns in Family Style Meal Service	.25
Online Course: NFSMI, CARE Connection - Step-by-Step Menu Planning for Child Care	4.0
Video Series: NFSMI, The Produce Lab Videos - Culinary Techniques (11 short videos)	.75
Literature: Contra Costa Child Care Council, CHOICE: Creating Healthy Opportunities In Child Care Environments	1.5
Literature: California School Garden Network, Gardens for Learning	2.0
Webinar: NFSMI, Care Connection – Creating an Active, Healthy Environment	1.0
Video Series: Gretchen Swanson Center for Nutrition, Movement and Motor Skills; Encouraging Physical Activity	1.0
Online Course: NFSMI, Care Connection – Planning Snacks as an Educational Activity	1.0
Online Course: NFSMI, Care Connection – Incorporating MyPlate in the Child Care Classroom	1.0
Meal Quality Forum	
CACFP Meal Pattern	1.5
Meal Planning and Production	2.0
Culinary Techniques	2.0
Nutrition and Physical Activity Forum	
Developing Wellness Policies	1.5
Edible Classroom Gardens	1.75
Physical Activity/School Readiness	1.75
Nutrition Education	1.75
Preschool Learning Foundations	.75
California Professional Nutrition Education and Training Center (Cal-Pro-NET) Online Courses & Trainings	
Preschool Nutrition and Active Physical Play	3
Mealtime Environment	1.5
Food Safety	2.5
Planning, Preparing, and Serving Reimbursable Meals	3
Nutrition Fundamentals	3
Promoting Integrity Now (PIN) Training	21
Conferences and Other Professional Development: Please contact Courtney Hardoin by e-mail at chardoin@cde.ca.gov or by phone at 916-324-0578 for consideration.	