



Obesity Prevention in Early Care & Education

News Blast

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Issue 33

References to non-federal organizations are provided solely as a service to the audience. These references do not constitute an endorsement of these organizations, their programs and policies, or their research data by CDC or the Federal Government, and none should be inferred.

Our Next Call: Tomorrow: Wednesday, July 24, 2013 from 3-4 pm EST

Calls are held every 4th Wednesday of the month The next CDC/DNPAO monthly Early Care and Education Networking Teleconference will take place on **Wednesday, July 24, 2013** (3-4 pm EST). The call will feature a discussion on **Obesity Prevention Initiatives in Head Start, including Healthy Active Living and Little Voices for Healthy Choices.**

Our last call featured a discussion on **Farm to Table and Food Delivery Models in Seattle King County, Washington.** A number of partners for the project were represented on the call including, Seattle King County, the City of Seattle, Northwest Agriculture Business Center, the WA State Department of Agriculture.

Thank you for all of your comments and helpful discussion. If you have additional feedback, please send to Caree J. Cotwright at cjackson@cdc.gov. Calls are recorded and can be played back by calling a replay line. If you would like to listen to the last Monthly Networking Call held on Wednesday, June 26, 2013 (3-4 PM EST), please call (866) 576-3947.

Save the Date: Our upcoming call will take place on **August 28, 2013** (3-4 pm EST.) The call topic will be shared at the end of the week.

Question from DNPAO: Is your state or community interested in having LMCC obesity prevention training slides for each of the LMCC Goals? Please email Caree J. Cotwright at cjackson@cdc.gov with your feedback.



ECE Community Highlight: Head Start Cooking from Scratch in California's Yolo County

(adapted from www.whoscookingschoollunch.com. Brennan&Evans)

Head Start is cooking from scratch, at least in California's Yolo County. Stephanie Gray, Nutrition Services Coordinator with Head Start, and her staff serve about 220 meals a day. With instruction from a local food and agriculture firm, staff members were provided professional development cooking lessons in their kitchen, which is large and well-equipped. Yolo County Head Start is participating in a Yolo County Farm to School Specialty Crop Grant from the California Department of Food and Agriculture to increase the use of California's 200 plus specialty crops in school meals. Farm to School Yolo works with all five Yolo County school districts and the Yolo County Office of Education's Head Start Program to increase the amount of fresh, local produce offered in breakfasts, lunches and after school snacks.



To increase fruits and vegetables on the menu, recipes from a variety of cultures using fruits and vegetables are prepared. For example, during professional development, a Lead Cook and cafeteria assistant, assisted in making Kartoshnick with a garnish of sour cream and green onion. Kartoshnick is a potato, onion, and cheese cake, which the staff found to be delicious and one they thought the students would like as well. A Site Supervisor for West Sacramento Head Start, originally from Afghanistan -of Stephanie's staff, gave the kitchen staff an original recipe for this traditional food and taught everyone how to pronounce it correctly.



Professional development gave staff an opportunity to prepare and sample dishes full of color and flavor, including Cauliflower Curry with Basmati Rice, Couscous with Fresh Apricots and Almonds, and Hummus with Summer Fresh Vegetables. At the conclusion of the classes, staff discussed which dishes would work in their programs. Staff also presented the dishes they currently provide on menus and highlighted how the dishes were prepared, the ingredients used, and the level of ease in preparation. To learn more about Farm to School Yolo visit <http://www.yolocounty.org/Index.aspx?page=2276>.



Early Care and Education News

The Aspen Institute Ascend Fund: Investing in Two-Generation Solutions

As a new model of social innovation and cross-sector collaboration, Ascend at the Aspen Institute is requesting Letters of Inquiry (LOIs) for the \$1 million Aspen Institute Ascend Fund. **The objective of the Aspen Institute Ascend Fund is to invest in solutions that tap the creativity, knowledge, and assets of**

all sectors of our society to create a cycle of opportunity for children and their parents. Letter of Inquiry (LOI) **Guidelines** - Deadline: August 19, 2013, 5:00 pm EDT

-Learn more at: <http://ascend.aspeninstitute.org/pages/aspen-ascend-fund#sthash.GO0LnMKX.dpuf>

Don't Forget: Public Comment Open for Child Care and Development Fund Reforms to Support Child Development and Working Families (August 5 Deadline)

The Administration for Children and Families (ACF) proposes to amend the Child Care and Development Fund (CCDF) regulations. This proposed rule makes changes to CCDF regulatory provisions in order to **strengthen health and safety requirements for child care providers**, reflect current State and local practices to improve the quality of child care, infuse new accountability for Federal tax dollars, and leverage the latest knowledge and research in the field of early care and education to better serve low-income children and families. Public comment will be open until August 5, 2013. <https://www.federalregister.gov/articles/2013/05/20/2013-11673/child-care-and-development-fund-ccdf-program#h-9>

The CCDF program is administered by the Office of Child Care (OCC), Administration for Children and Families (ACF) in the Department of Health and Human Services (HHS). CCDF funds are allocated through formula grants to State, Territory, and Tribal Lead Agencies. CCDF provides financial assistance to low-income families to access child care so they can work or attend a job training or educational program. The program also provides funding to improve the quality of child care and increase the supply and availability of child care for all families, including those who receive no direct assistance through CCDF.

More Child Care Providers in Pennsylvania will Benefit from CACFP (PhiladelphiaInquirer)

Relatives and neighbors in Pennsylvania providing state-approved child care services – the lowest-paid providers of child care say advocates – will soon be able to apply for nutrition aid through the federal Child and Adult Care Food Program (CACFP), thanks to a policy change in the state. Previously, CACFP was only available to licensed child care operations like family day care homes and child care centers. About 38,000 of the state's neediest children could benefit from the change, which could provide an additional \$3 million a month to the state's child care system, say advocates. "We see this as an important program because it would give kids of low income access to nutrition to healthy food," said Kate Scully, policy analyst at the Center for Hunger Free Communities at Drexel University. Pennsylvania will begin accepting applications on July 1, and reimbursements can begin October 1. In 2010, a Children's HealthWatch policy brief noted that children participating in CACFP were more likely to have healthy height and weight, and less likely to be in fair or poor health or be hospitalized.



Let's Move! Child Care Corner

On **Thursday, July 18 from 2:00 - 3:00 pm EST** LMCC held its first webinar in Spanish! Providers learned about the problem of childhood obesity and how they can participate in the First Lady's **Let's Move!** Child Care initiative to get kids off to a healthy start. ECE providers shared how they're getting kids

moving, making nutrition fun, and involving families. To access free Spanish resources available on the **Let's Move!** Child Care website go to www.healthykidshealthyfuture.org and click on the ideas and resources tab.

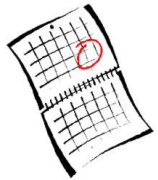


[Early Care and Education Research](#)

Modified Abstract

Lyn R, Maalouf J, Evers S, Davis J, Griffin M. **Nutrition and physical activity in child care centers: the impact of a wellness policy initiative on environment and policy assessment and observation outcomes, 2011.** *Prev Chronic Dis.* 2013 May 23;10:E83.

Purpose: To assess the effect of a wellness policy and training program on the physical activity and nutrition environment in 24 child care centers in Georgia. **Results:** The Environment and Policy Assessment and Observation instrument was used to identify changes to foods served, staff behaviors, and physical activity opportunities. Results: Significant improvements to total nutrition and physical activity were observed. Results indicate that centers significantly improved the physical activity environments of centers by enhancing active play, the sedentary environment, the portable environment, staff behavior, and physical activity training and education. Significant improvements were found for the nutrition environment, and nutrition training and education. **Take Home Message:** Findings from this study suggest that implementing wellness policies and training caregivers in best practices for physical activity and nutrition can promote healthy weight for young children in child care settings.



[Upcoming Conferences](#)

Please let us know about your upcoming conferences (email to cjjackson@cdc.gov)

National Indian Child Care Association (NICCA) 2013 Conference
"Telling the Story for Tribal Children: Celebrating 20 Years of NICCA"



August 27-29, 2013
Grand Hyatt Hotel
1750 Welton Street
Denver, CO

[Register for the NICCA Conference Here!](#)
[Make Your Hotel Reservation Now!](#)