

Early Childhood MATRIX

Action: Increase number of fresh produce servings per day/week.				
Programs	Policy	System	Environment	Advocacy
<p>CATCH nutrition lessons Monthly: Lesson 2: All aboard the veggie train pg. 13 Lesson 5: Singing about Fruits</p> <p>CATCH Garden Kids: Lessons, 1-10 http://catchinfo.org/programs/pe-k/</p> <p>COOKING MATTERS: Exploring Food Together: https://cookingmatters.org/exploring-food-together</p> <p>https://cookingmatters.org/sites/default/files/EFT_English.pdf</p> <p>CHOOSY KIDS: Choosy Kids Curriculum: https://chooseykids.com/</p> <p>PALMETTO PICKS: http://scfarmtoinstitution.com/farm-to-preschool/</p> <p>COLOR ME HEALTHY: http://www.colormehealthy.com/</p>	<p>- Site will provide a fruit and or vegetable at every meal and snack</p> <p>- Staff models healthy eating by sitting with students</p> <p>- Staff may not eat fast food/unhealthy snacks in front of students</p> <p>- Site will provide healthy options (fruit & veggies) at celebrations</p> <p>Food is not used as an reward or punishment</p> <p>Nutrition education is incorporated into daily classroom routine</p> <p>- Nutrition education will be offered twice per year to staff</p>	<p>- Create a two- three week menu that includes produce offerings daily</p> <p>Cycle Menu Examples: http://theicn.org/documentlibraryfiles/PDF/20090428085602.pdf</p> <p>CACFP Best Practices: https://www.fns.usda.gov/cacfp/meals-and-snacks</p> <p>- Work with Shared services to secure produce delivery from Marvin's Produce to decrease cost: Leslie Latimer, MSW Executive Director Palmetto Shared Services Alliance 864-293-0591 leslie@palmettosharedservicesalliance.org</p> <p>- Policy inserted into handbook and parent handbook.</p>	<p>Healthy Posters: GO,SLOW,WHOA posters</p> <p>Snap Resources: https://pueblo.gpo.gov/SNAP_NEW/SNAPPubs.php</p> <p>Remove Deep fryers</p> <p>Healthy Books: Palmetto picks book of the month Farm to preschool Book Guide http://scfarminstitution.com/farm-to-preschool/educating</p> <p>Give Me Five A Day Book: http://www.floridahealth.gov/programs-and-services/wic/nutrition-materials/5-a-day-book/index.html</p> <p>Two Bite Book : https://www.fns.usda.gov/tn/two-bite-club-english-and-spanish</p> <p>Change play food in centers to reflect healthy choices</p> <p>Purchase food prep equipment to cut and prepare fruits and veggies</p>	<p>Share messages with parents and decision makers on the importance of healthy foods</p> <p>MY PLATE TIP SHEETS: https://www.choosemyplate.gov/myplate-tipsheets</p> <p>CATCH: Nutrition for Family Pg. 287-303</p> <p>SSHFL Newsletters for parents https://healthykidshealthyfuture.org/trainers-tips-resources/</p>

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<p>EARLY SPROUTS: http://www.earllysprouts.org/</p> <p>GROW IT, TRY IT, LIKE IT: https://www.fns.usda.gov/tn/grow-it</p> <p>SESAME STREET: Healthy habits for life toolkit https://healthykidshealthyfuture.org/trainers/tips-resources/</p> <p>Give Me Five A Day : http://www.floridahealth.gov/programs-and-services/wic/nutrition-materials/5-a-day-book/_documents/give-me-5-a-day-lesson-plan.pdf</p>				
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Action: Increase children's consumption of water / Decrease student consumption of sugar sweetened beverages				
Programs	Policy	System	Environment	Advocacy
<p>CATCH LESSONS: Lesson 7 : Go Drinks pg.75 Lesson 3: Plants get Thirsty Too! Pg. 117, explains that all living things need water to grow, you can connect this to your children</p> <p>Lessons on the amount of sugar in certain drinks (rethink your drink)</p>	<ul style="list-style-type: none"> - Water is available with easy access at all times for children - Staff will not drink sugar sweetened beverages in front of children - Site will not serve sugar sweetened beverages to children (this includes sports drinks and flavored milk) - Only water, non-flavored skim or 1% milk are served 	<p>Add specific water breaks into your daily schedule</p>	<ul style="list-style-type: none"> - Place "rethink your drink" posters in a visible site - Provide water coolers for outside or if water fountain is not accessible - Provide water bottles to children so water will be readily available at all times - staff drink water in front of children - Update or add water fountains 	<p>Communicate the importance of hydration and healthy beverage consumption with parents</p> <p>https://www.cdc.gov/obesity/downloads/early-childhood-drinking-water-toolkit-final-508reduced.pdf</p>

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Action: Increase the quality of snacks daily				
Programs	Policy	System	Environment	Advocacy
<p>CATCH curriculum on Go, Slow, Whoa foods taught to children</p> <p>Lesson 3: singing about milk, yogurt and cheese pg. 25</p> <p>Lesson4: Lets eat some go foods pg. 39</p> <p>Lesson 6: Rabbit, Turtle and GO snacks pg.59</p> <p>Lesson 8: Let's Eat a GO snack pg. 83</p> <p>Lesson 9: Singing for Go Foods pg. 91</p> <p>Sugar investigation on high sugar snacks</p>	<p>Site does not serve fried or pre-fried foods</p> <p>Sweet foods, cookies, cakes and other high fat, high sugar foods are not served more than once a week</p> <p>- Sites will not reward with candy, chocolate or other high sugar, fat foods.</p> <p>- Site will offer whole-grain, lean protein and low fat dairy option for snack component</p> <p>CACFP Best Practices: https://www.fns.usda.gov/cacfp/meals-and-snacks</p>	<p>Create menu that includes healthy options</p> <p>Build out whole-grain, lean protein and low fat dairy option into weekly menu</p> <p>CACFP Cycle Menu Resources: http://theicn.org/documentlibraryfiles/PDF/20090428085602.pdf</p>	<p>Healthy Posters</p> <p>Healthy Books</p>	<p>Communicate to parents sites healthy eating standards and practices</p> <p>Highlight to parents and decision makers how you are rewarding children without using foods.</p> <p>MY PLATE TIP SHEETS: https://www.choosemyplate.gov/myplate-tip-sheets</p> <p>CATCH: Nutrition for Family: Pg. 287-303</p> <p>SSHFL Parent Newsletter https://healthykidshealthfuture.org/trainers/tips-resources/</p>

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Action: Increase the amount of time children spend being physically active				
Programs	Policy	System	Environment	Advocacy
<p>CATCH Kids Club: Purple Box https://catchinfo.org</p> <p>SHAPES: www.goshapes.org http://www.goshapes.org</p> <p>CHOOSY KIDS: https://choosykids.com/</p> <p>Move More Activity Cards: https://www.scdhec.gov/library/CR-010065.pdf</p> <p>GO SMART: https://www.nhsa.org/our-work/initiative/go-smart</p> <p>GET MOVING TODAY ACTIVITY CALENDAR: http://www.healthychildcare.org/PDF/LetsMove%20CalendarENGLCalendarFUL.pdf</p> <p>Brain breaks: - GoNoodle - Walk to the beach, etc. programs - Step challenges for staff and students</p>	<ul style="list-style-type: none"> - Children who attend full day will have two to three separate time periods of outdoor play for 90-120 minutes. - Staff will model and engage in physical activity with the children - Children are not seated for more than 15 minutes. 	<p>Create schedule that includes recommended PA time.</p> <p>Develop a "rainy day" plan that allows for MVPA indoors</p> <p>Integrate brain breaks into daily schedule</p>	<p>Invest in portable play equipment that promotes movement</p> <p>Create outdoor play and learning settings that are engaging and comfortable for children and staff</p> <p>Safe play area inside and outside</p> <p>Posters</p> <p>Books</p>	<p>Communicate to parents sites physical activity standards and practices</p> <p>Communicate with parents the importance of children participating in physical activity in afterschool and at home</p> <p>Healthy tips for active play: https://choosemyplate-prod.azureedge.net/site/default/files/audiences/HealthyTipsforActivePlay.pdf</p> <p>CATCH: Lets Get Moving: pg. 311</p> <p>USDA 10 Tips To an Active Family: https://choosemyplate-prod.azureedge.net/site/default/files/tentips/DGpsheet29BeAnActiveFamily.pdf</p> <p>www.palmettobasics.org communicate explore through movement and play palmetto basics strategies</p>

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Action: Decrease the number of minutes that students are exposed to screen time.				
Programs	Policy	System	Environment	Advocacy
<p>Trainings on activities that can be done instead of using Screen Time</p> <p>www.palmettobasics.org communicate Talk, Sing, and Point and Read and Discuss Stories palmetto basics strategies</p>	<p>- Television and digital devices will only be used for homework or programs that engage the children in enrichment or physical activity</p> <p>- Does not permit non-educational television or movies</p>	<p>Create schedules that limit screen time for children ages 3-5</p>	<p>Remove TV/screen from infant and toddler rooms</p>	<p>Communicate to parents the importance of limiting screen time:</p> <p>CATCH Family Tip Sheet: Page 315 www.palmettobasics.org communicate Talk, Sing, and Point and Read and Discuss Stories palmetto basics strategies</p>

Action: Increase staff awareness of healthy eating and active living				
Programs:	Policy	System	Environment	Advocacy
<p>LWG Website At Work: https://livewellgreenville.org/community-action/?select-action=at-work-2</p> <p>LWG At Work Toolkit: https://livewellgreenville.org/community-action/?select-action=at-work-2</p>	<p>Staff will model and engage with physical activity with the participants</p> <p>Staff model and promote healthy eating</p> <p>Physical education training will be offered twice per year to staff</p>	<p>Create time in daily schedule for staff to have their own brain breaks</p> <p>Provide Fruits and vegetables for staff meetings</p> <p>Provide water bottles for staff</p>	<p>Coordinate a mobile market or CSA opportunity to provide staff with access to fresh produce</p> <p>Secure discounts to gyms, grocery stores, etc.</p>	<p>Communicate to peers and parents the importance of role modeling healthy eating and active living</p>