

Experience Wellness in Wisconsin Child Care!

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Active Early & Healthy Bites

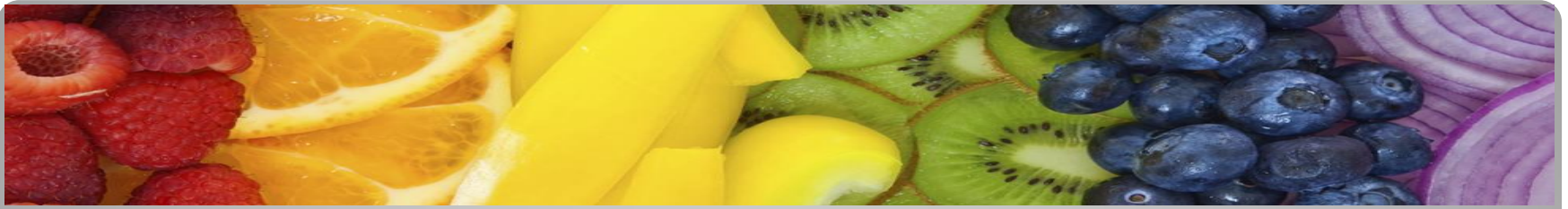
Health & Wellness in Child Care

- Improve quality of food
- Improve nutrition environment
- Encourage physical activity
- Increase parent outreach

Companion Guides



Designed to help early care and education professionals address childhood obesity by improving physical activity and nutrition in their program



“I have been hyping up “Try it Tuesdays” which the kids are really into. It is on the calendar I send out to parents. This week we will be trying parsnips!

–Becky Engebretsen, Family Provider

“I have been serving at least one whole grain daily, sometimes more.”

“I keep the page from the *Healthy Bites* booklet we were given at training in my purse, so if I have any questions on labels, I do not get confused.”

-Becky Engebretsen, Family Provider



Healthier Menus



Cooks Training with Chef Jeno
~CESA 11 Head Start~

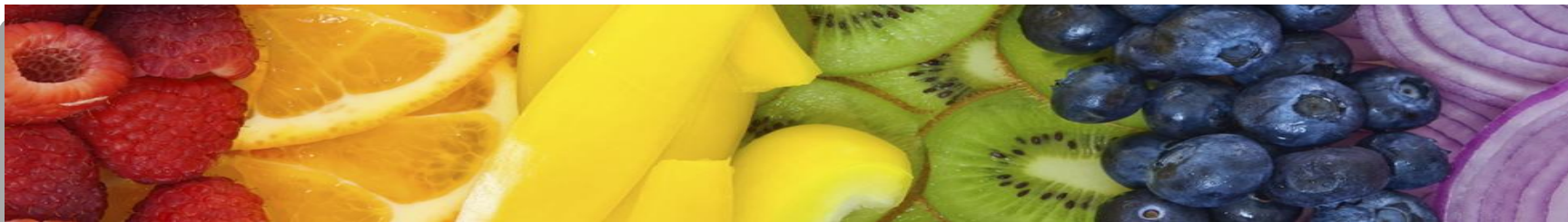
- New Healthy Menus
- Removed all processed and fried foods
- All grains are whole grains
- Low fat/low sugar items served



Thank you Miss Heidi!!
~First Lutheran Church CC~



Fruit Salsa & Cinnamon Pita Chips
~First Lutheran Church CC~



“I have been increasing the variety in my meals and making a lot of new meals from the CACFP Menu Planning Guide. Some dishes the kids liked better than others, but that is to be expected. One recipe they liked was **Mario's Meal**, p. 60.”

– Mary Fox, Family Provider



Home-Made Baked Bread
~Kidz In Motion~



Monique Hooker, Chef & Author
Guest CACFP Trainer



One potato, two potato...
Cooking with the Children
~Community Kids CC~



Gardening

Pizza Garden

~Sunny Day Preschool~



Tomatoes, basil, onions...

~Sunny Day Preschool~





**Fresh Asparagus for Lunch
A Trip to the Farmer's Market
~Red Caboose Child Care~**





Garden Fun
~Kettle Moraine YMCA~



Raised Bed Gardening
~Ebenezer CCC~



Active Early Healthy Bites



Come join ME for Lunch!

And let's create a healthy plate together.

On March 15th in my classroom.

with my friends and my teacher(s).

lunch at _____

Please arrive at _____ to meet for group time.

Please sign up by Thursday March 8th



encompass
Early Education and Care, Inc.



Parent Outreach



Heart Healthy



Why I Should
Eat Healthy?



Starting Your
Own Garden

**Wellness Topics on Parent Boards
Boys and Girls Club, Green Bay**



**'My Plate' Lunch on Us
Annual Event at Encompass**

Parent Boards-Ebenezer CCC



HEALTHY

Nutrition Environment



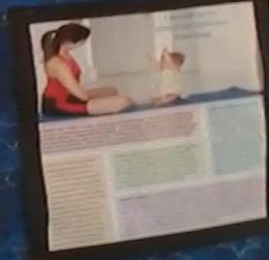
FITNESS



Exercise



Nutrition for Infants



Fighting Sleep-Deprivation Fatigue

Fighting Sleep-Deprivation Fatigue

It's that time of year again when the days are long and the nights are short. For many people, this time of year is also the time when they start to feel tired and exhausted. This is because the body is not getting enough sleep. Sleep deprivation can lead to a number of health problems, including fatigue, irritability, and difficulty concentrating. It can also lead to more serious health problems, such as heart disease, diabetes, and depression.

There are a number of things you can do to help you get more sleep. First, try to go to bed at the same time every night. Second, try to avoid caffeine and alcohol in the evening. Third, try to create a relaxing bedtime routine. Fourth, try to make your bedroom a comfortable place to sleep. Finally, try to get some exercise during the day.

Look at how you currently cope with stress

Think about the ways you currently manage and cope with stress in your life. Your stress level can help you understand if you are coping adequately, healthily or unhealthily, helpfully or unhelpfully. Unfortunately, many people cope with stress in ways that compound the problem.

Unhealthy ways of coping with stress

Some coping strategies may temporarily reduce stress, but they may cause damage in the long run.

Unhealthy coping strategies

Learning healthier ways to manage stress

Of course, everybody is coping with stress. Learning to manage your stress is a skill that you can learn. It's not about being perfect. It's about being healthy. There are a number of things you can do to help you manage your stress. First, try to identify your stressors. Second, try to develop a plan to deal with your stressors. Third, try to practice stress management techniques, such as deep breathing, meditation, and yoga. Finally, try to get some support from friends and family.



Nutrition Tips for Parents

Family Nutrition

What you eat has a big impact on your health. Eating a healthy diet can help you stay healthy and prevent disease. There are a number of things you can do to help you eat a healthy diet. First, try to eat a variety of fruits and vegetables. Second, try to eat whole grains. Third, try to eat lean proteins. Fourth, try to limit your intake of saturated fats, sodium, and added sugars. Finally, try to drink plenty of water.

Adolescent Nutrition and Physical Activity

Exercise and Physical Activity

Physical activity is important for your health. It can help you stay healthy and prevent disease. There are a number of things you can do to help you get more physical activity. First, try to find a sport or activity that you enjoy. Second, try to make it a habit. Third, try to get some support from friends and family. Finally, try to set realistic goals.



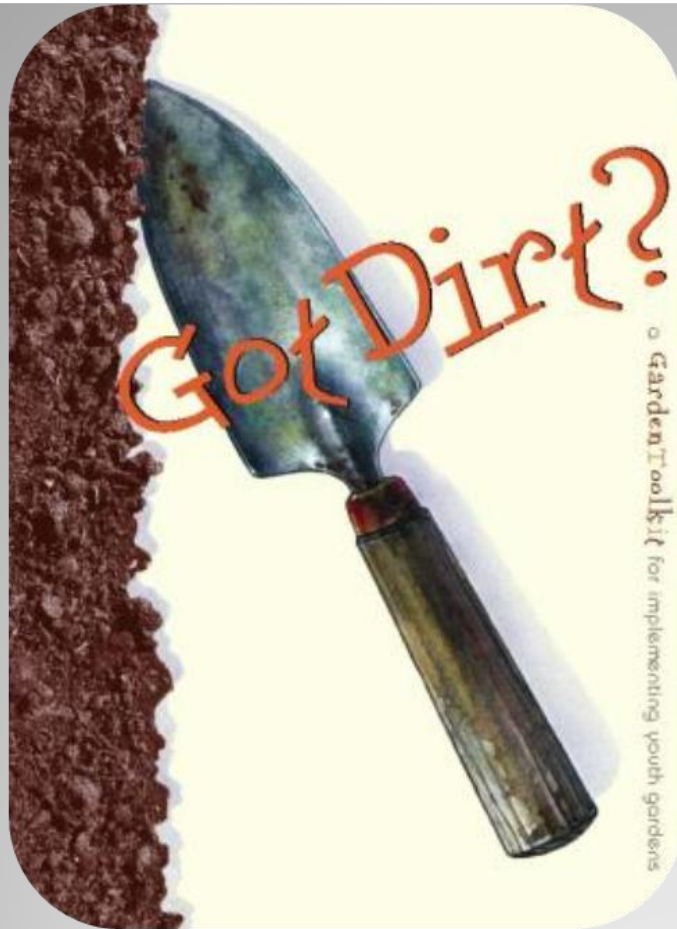
Parent Education Board
~Ebenezer CCC~



Spring Luau -YWCA Green Bay

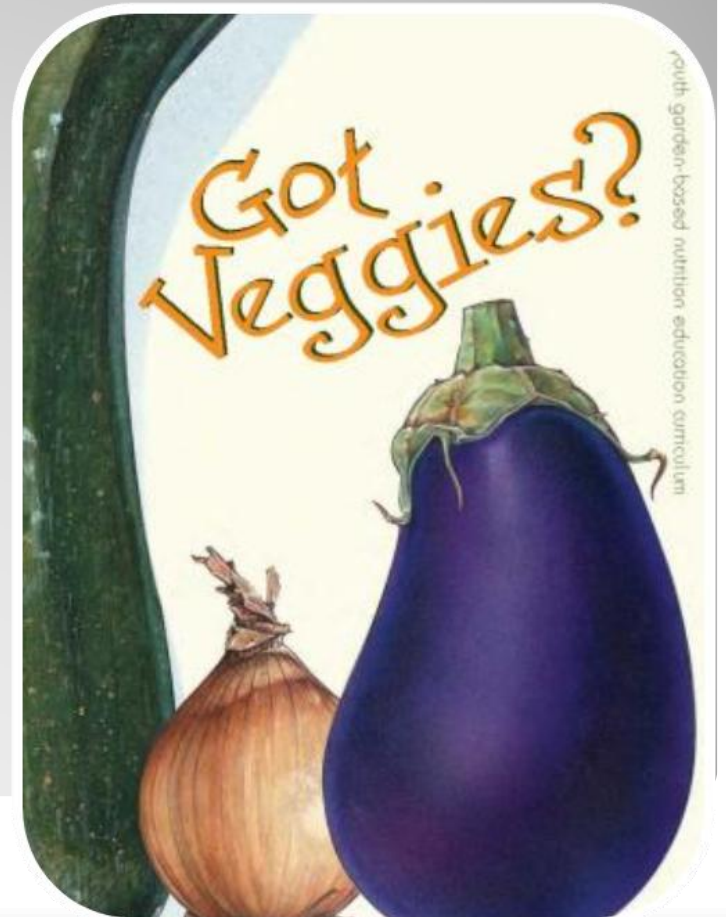
Choosing a Curriculum





**A garden toolkit for
implementing youth gardens**

**A youth garden-based
nutrition education
curriculum**





**Personally Made by the Kids
'USDA My Plate' Plates
~Encompass ECE~**



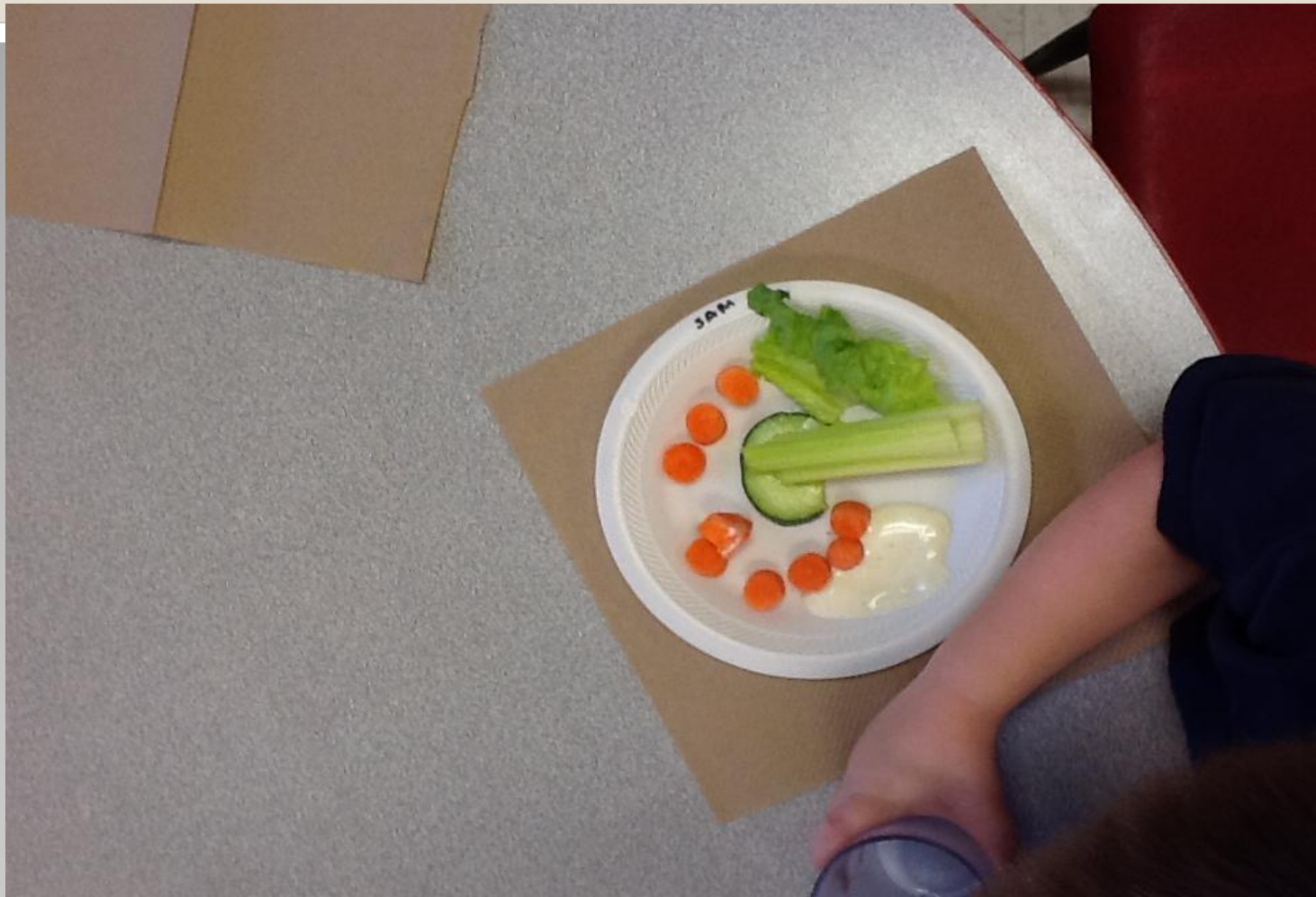
5-2-1-0 to Child Care Curriculum
~Ebenezer CCC~



Tasting Yellow Foods
~Ebenezer CCC~



Taste Testing Green Foods
~Encompass ECE~



Weekly Taste Testing/Art Project
~Stevens Point YMCA CC~



**Red & Green Grape Tastings
~Community Kids~**



**Let's
Get
Active**



**What does Physical Activity
look like in ECE?**



Tummy Time



Amy Belden,
~Magical Family Daycare~



Amy Belden,
~Magical Family Daycare~

Interest Areas



Dramatic Play



*"We feel we are
setting the
stage for the
rest of their
lives."*



Jamie Brassfield,
**Shining Star
Preschool and
Child Care
Center**



**Stretch for the
Stars!!**
~Kettle Moraine
YMCA~



Ball Toss

Outdoors





Obstacle Course

~Kidz in Motion~



**'Soccer Shots' 6 Week Program
with Coach Dan
~First Lutheran Church CC~**

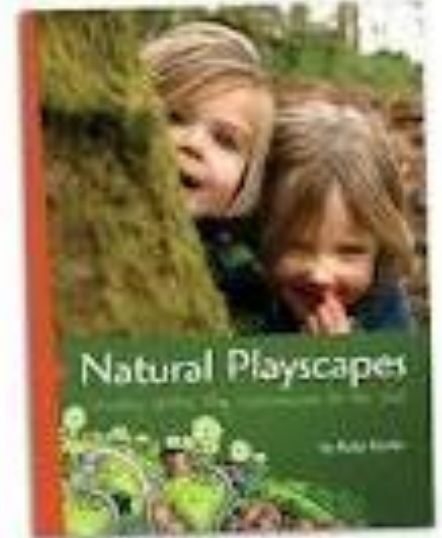


We are ALL Winners!
~First Lutheran Church CC~



Exercising at Ebenezer

Nature-Based Play



Child Provider Interactions

Encouraging



Planning

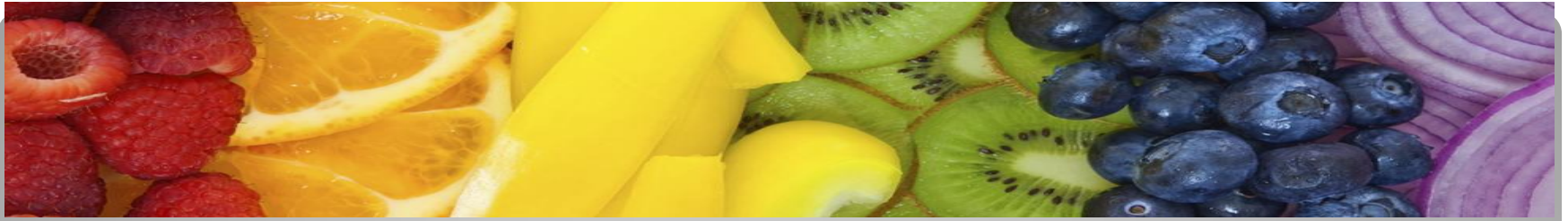


**Self Expression through African
Dancing with Scarves
~Community Kids~**



Classroom Movement

~Kidz in Motion~



“We now have hop scotch and balance beam type items for indoor large motor and new balls for outside play. I am beginning ‘Fitness Fridays’ trying new activities as well.”

-Becky Engebretsen, Family Provider



Exercise for a Cause
~**FLCC** Raised \$660~



Kristi Mally, PhD
Guest CACFP
Physical Activity Trainer

Take It and Run With It

Now is the time to cheer the
one who recognizes a
challenge and then does
something about it.

- Vince Lombardi





**Thank you for your time and
dedication to nutrition and
physical activity!**

~ WDPI Community Nutrition Team