



Preschools SHINE* Program

*Shaping Healthy Impressions through Nutrition and Exercise

A Project Funded by the California Department of Education (CDE)



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Sacramento
Office of Education **County**

Meet Your Presenters

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Objectives

- Learn about Preschools SHINE elements and criteria
- Identify resources and tools to assist staff to meet the criteria within the ten SHINE elements
- Understand the Preschools SHINE Application process





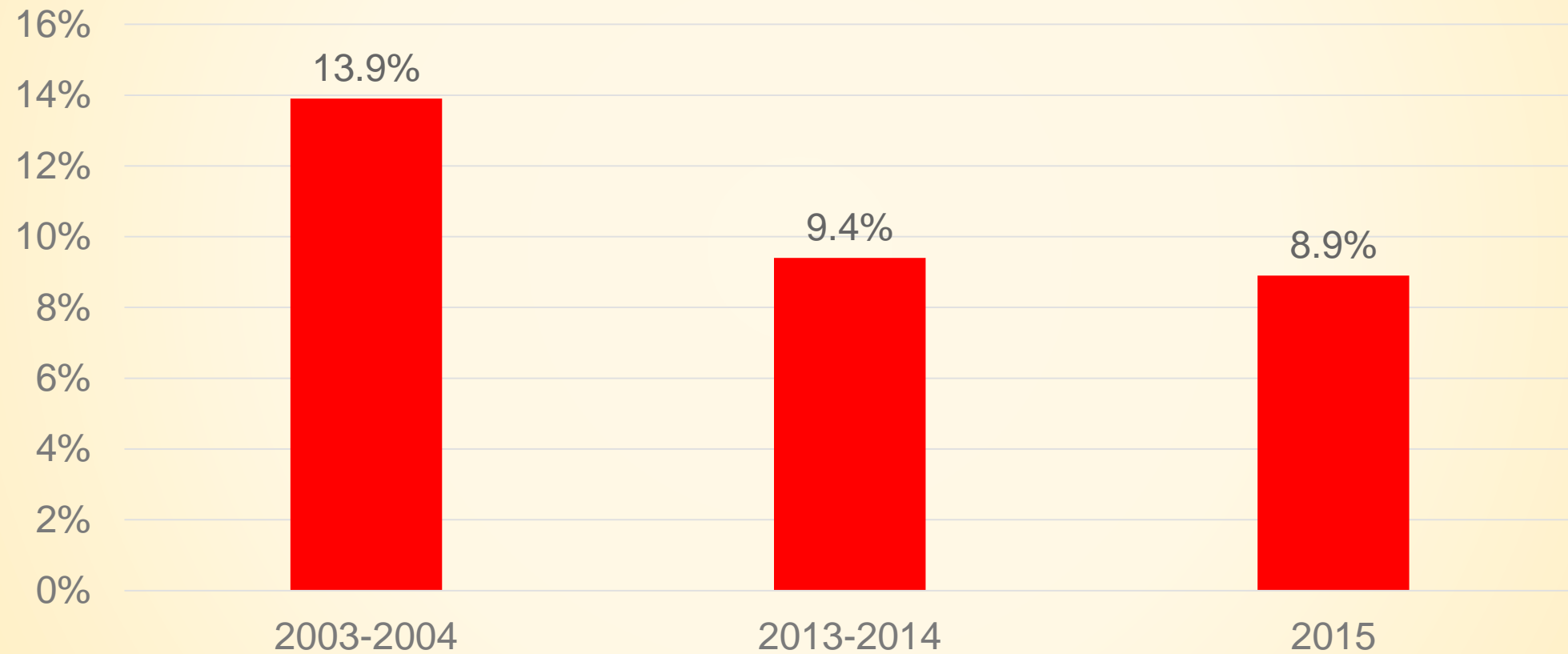
Preschools SHINE Overview

Overview of Preschools SHINE

- California Department of Education (CDE) obesity prevention program
 - Improves wellness environments of centers and homes
 - Promotes health and well-being of preschoolers
- Voluntary recognition program

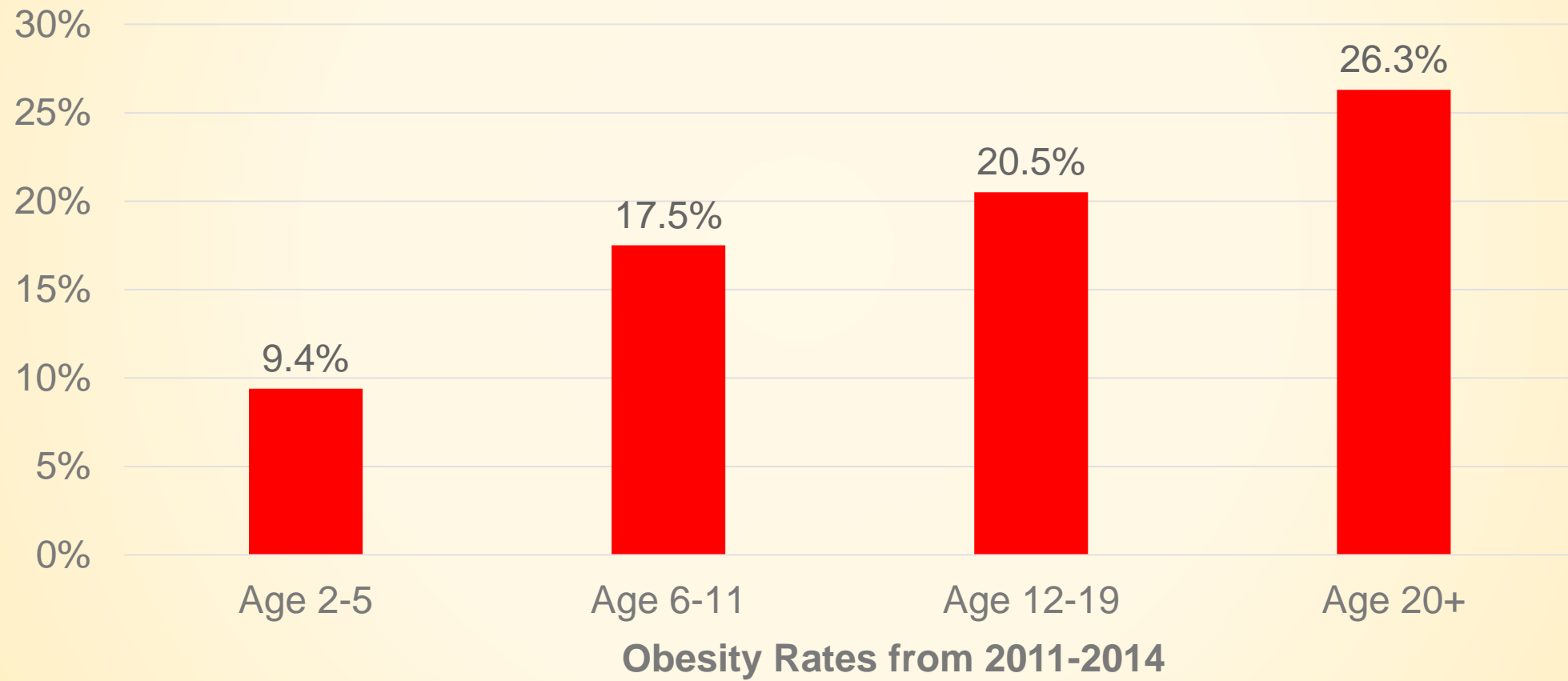


Obesity Rates for Preschool Aged Children*



*Source: Centers for Disease Control and Prevention at <https://www.cdc.gov/obesity/data/childhood.html>

Obesity Rates and Aging



*Source: Centers for Disease Control and Prevention at <https://www.cdc.gov/obesity/data/adult.html>

Obesity Causes Physical and Mental Issues

- Increased risk for heart disease
- Sleep apnea
- Bone and joint problems
- Asthma
- Type 2 diabetes
- Depression/mental health issues



***Healthy diet and physical activity in childhood is associated with better mental health**

Top Two Causes of Childhood Obesity



- 1. Unhealthy Diets**
- 2. Physical Inactivity**

Amount of Time Spent in Child Care Settings*

**More than 60 percent
of children aged 3–6
years are in child care**



*Source: ChildStats.gov at <https://www.childstats.gov/americaschildren/family3.asp>



Preschools SHINE Elements and Criteria

Elements and Criteria

REQUIRED 1. **Participation in a Federal Child Nutrition Program (CNP)**

2. Meal Quality

REQUIRED 3. Mealtime Environment

4. **Nutrition Education**

5. Edible Gardening

6. Physical Activity

REQUIRED 7. **Professional Development**

8. Wellness Policies

9. Partnerships

REQUIRED 10. **Leadership Team**

Activity 1

- Each team is provided with a Fact Sheet for an element
- Teams review the Elements & Criteria Document and Fact Sheet
- Report to the group:
 1. Is the element required?
 2. What are the criteria?
 3. What is one challenge?
 4. What is a solution?



Element 1: Federal CNP Participation



1. Is the element **required** for SHINE certification?
 - Yes
2. What are the **criteria** that a child care site must meet?
 - Participate in a federal CNP
 - Comply with federal and state requirements
3. What is one **challenge** to implementing the criteria?
 - The site does not participate in a federal CNP
4. What is a possible **solution** to the challenge?
 - The site could contact the CDE at 800-952-5609 to participate

Activity 1

1. Is the element required for SHINE certification?
2. What are the criteria that a child care site must meet?
3. What is one challenge to implementing the criteria?
4. What is a possible solution to the challenge?



Element 2: Meal Quality

Healthy Beverages

- Limit juice to two 4 oz servings per week
- Ensure water is accessible

Fruits and Vegetables

- One of the two required snack components is a vegetable or fruit
- Provide $\frac{1}{2}$ cup per week of each vegetable subgroup



Element 2: Meal Quality

Whole Grain-Rich Products

- Serve twice daily (full-day) and once daily (half-day)
- Limit noncreditable grain-based desserts to twice per month

Protein Foods

- Serve only lean meats, nuts, and legumes
- Provide ½ cup per week of legumes
- Limit processed meats to once/week

Oils/Other

- Limit prefried foods to twice per month
- Follow food safety principles



Element 3: Mealtime Environment

- Serve meals or snacks family-style
- Participate in mealtimes
- Allow adequate time
- Follow Ellyn Satter's Division of Responsibility in Feeding



Element 4: Nutrition Education



- Provide nutrition education experiences for children regularly
- Display images of healthy foods on posters
- Provide storybooks and other materials conveying healthy nutrition messages



Element 5: Edible Gardening

- Provide enriching garden experiences for children
- Establish an edible indoor or outdoor garden
- Include children in garden activities



Element 6: Physical Activity

- Provide opportunities for unstructured physical activity
- Offer opportunities for structured physical activity
- Integrate physical development into school readiness activities
- Limit screen time to 30 minutes a week



Element 7: Professional Development **REQUIRED**

- Complete 15 hours of professional development as a team
 - Online courses
 - In-person trainings
 - Other CDE approved professional development opportunities



Element 8: Wellness Policies

- Develop and implement written wellness policies relating to:
 - Meal quality
 - Mealtime environment
 - Nutrition or garden education
 - Physical activity
 - Professional development



Element 9: Partnerships

- Support from site partners, families, and community for a healthy eating and physical activity environment



Element 10: Leadership Team



- Establish a leadership team:
 - Director
 - Teachers
 - Food service personnel
 - Providers
 - Sponsoring organization staff
 - Parents
 - QRIS partners






Preschools SHINE

Resources & Tools

California Department of Education Web Site

- **Nutrition Services Division Preschools SHINE Web Page**
<http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp>
 - Links to program overview, resources, application
- **Early Education and Support Division Publications Web Page**
<http://www.cde.ca.gov/sp/cd/re/cddpublications.asp>
 - California Preschool Learning Foundations & Framework, Volumes 2
 - Links to publications that provide guidance on implementing health, nutrition, and physical activity into child care programs

Preschools SHINE Self-Assessment



California Department of Education, Nutrition Services Division

Self-Assessment

Preschools SHINE sites must exemplify high-quality standards and practices to support children's health, well-being, and readiness to learn. Conduct the self-assessment to evaluate the nutrition and physical activity environment and determine its condition. The assessment results will identify strengths and areas for improvement. It will also help guide the development of a plan of action.

ELEMENT 1: CACFP PARTICIPATION

A. CACFP Participation

Indicator	Yes	No
A1.1 Is the site a participant in the CACFP?	<input type="radio"/>	<input type="radio"/>
A1.2 Does the site operate as a full-day program?	<input type="radio"/>	<input type="radio"/>
A1.3 Does the site operate as a half-day program?	<input type="radio"/>	<input type="radio"/>
A1.4 Does the site serve breakfast?	<input type="radio"/>	<input type="radio"/>
A1.5 Does the site serve lunch?	<input type="radio"/>	<input type="radio"/>
A1.6 Does the site serve dinner?	<input type="radio"/>	<input type="radio"/>
A1.7 Does the site serve a morning snack?	<input type="radio"/>	<input type="radio"/>
A1.8 Does the site serve an afternoon snack?	<input type="radio"/>	<input type="radio"/>
A1.9 Which meals/snacks are cooked/prepared on site?	<input type="radio"/> B <input type="radio"/> L <input type="radio"/> D <input type="radio"/> S	
A1.10 Which meals/snacks are prepared by a vendor or a school district?	<input type="radio"/> B <input type="radio"/> L <input type="radio"/> D <input type="radio"/> S	

Key: B=Breakfast L=Lunch D=Dinner S=Snack

ELEMENT 2: MEAL QUALITY

A. Meal Plan

Indicators	1	2	3	4	5
A2.1 The center/home follows the CACFP Meal Pattern.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A2.2 The center/home uses recipes that follow the current USDA Dietary Guidelines for Americans, such as using fat, sugar, and salt in moderation and have CACFP crediting information.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


B. Beverages

B2.1 The center/home offers low-fat (1%) or fat-free milk to children ages two years and older.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B2.2 The center/home offers no more than one serving of 100% juice per day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B2.3 The center/home makes water available to children throughout the day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B2.4 The center/home does not serve sweetened beverages or sugary drinks such as punch, soda, sweet teas, or Kool-Aid™.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

California Preschools SHINE reset Self-Assessment 3 of 15

Element 2: Meal Quality (continued)

C. Fruits and Vegetables



Indicators	1	2	3	4	5
C2.1 The center/home serves fresh or frozen fruit and/or vegetables daily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C2.2 The center/home offers a variety of fruits and vegetables, including dark green and leafy dark green vegetables, each week.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C2.3 The center/home offers a variety of fruits and vegetables, such as red/purple/orange fruits and vegetables, each week.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C2.4 The center/home offers vegetables other than white potatoes and corn.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C2.5 The center/home never serves fruit packed in heavy or light syrup.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C2.6 The center/home serves one vegetable at lunch and one at supper.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C2.7 The center/home prepares fresh fruits and vegetables in ways that are easy for preschoolers to eat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

D. Whole Grains

D2.1 At least half of the grains served are 100% whole grains.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D2.2 The center/home serves whole-grain, enriched, or fortified breakfast cereals with no more than 6 grams of sugar.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

E. Protein Foods

E2.1 The center/home serves lean meats, poultry, fish, nuts, eggs, low-fat yogurt, and cheese.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E2.2 The center/home includes servings of cooked dry beans or peas weekly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E2.3 The center/home limits servings of processed meats such as ham, Spam™, bologna, sausage, lunch meats, pepperoni, salami, turkey lunch meat, Canadian bacon, and hot dogs to four times a month or less.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

California Preschools SHINE reset Self-Assessment 4 of 15

Wellness Policy Templates



<<SITE NAME>> Wellness Policy



<<SITE NAME>> is committed to the optimal development of every child. The staff at <<SITE NAME>> believe that for children to have the opportunity to achieve academic, developmental, and social success, we need to create a positive, safe, and health-promoting environment.

We commit to the following practices:

I. Nutrition Policies

Meal Quality

<<SITE NAME>> participates in the Child and Adult Care Food Program (CACFP) and complies with federal and state regulations.

For beverages, we only serve low fat (1%) milk, no more than one 4-oz. serving of 100% juice each day, and ensure water is available to children throughout the day.

In order to ensure mealtimes are nutritious, <<SITE NAME>> serves a variety of fresh fruits and vegetables daily, ensuring a variety of colorful produce is offered in order to meet the children's nutrient needs. Dark green vegetables, red/purple/orange fruits and vegetables, and beans and peas (lentils) are offered at least once each week.

<<SITE NAME>> ensures that at least half of all grains served are whole grain-rich so children receive good sources of fiber and B vitamins. In addition, only whole grain-rich cereals with less than 6 grams sugar per 1-oz. serving are provided to children.

<<SITE NAME>> serves lean meats such as chicken, low-fat cheese, low-fat yogurt, eggs, and at least one serving of beans or peas (lentils) each week. <<SITE NAME>> limits the number of servings of processed meats (e.g. lunch meats) to four times a month or less. <<SITE NAME>> does not deep fry any items and limits the serving of pre-fried foods to twice monthly or less.

Mealtime Environment

At <<SITE NAME>>, children are encouraged to serve themselves to practice independence and fine motor skills, which are necessary for proper development. Our staff sit with children and model healthy eating as well as assisting the children to serve themselves when needed. <<SITE NAME>> practices Elyn Satter's "Division of Responsibility in Feeding", which means that adults are responsible for what, when and where children eat, and children are responsible for whether and how much they eat.

Nutrition Education

<<SITE NAME>> provides healthy nutrition experiences two to four times each month. <<SITE NAME>> also depicts healthy foods on posters and storybooks, and there are healthy food models in the dramatic play area.

Gardening

<<SITE NAME>> provides gardening activities at least once per week. <<SITE NAME>> does a variety of activities both indoors and outdoors (e.g. planting new seeds, watering, picking produce) in order to teach children about where food is grown and provide children with additional opportunities for physical activity. The staff regularly include the children when preparing snacks and meals using produce grown in the garden.

II. Physical Activity Policies

<<SITE NAME>> provides 60 minutes of both structured (teacher-led) and unstructured (free play) physical activity each day. Examples of structured activities include scarf play, hula hoops, bean bag tossing, yoga, "follow the leader", "duck-duck-goose", and nature walks. Children at <<SITE NAME>> are not sedentary for more than 60 minutes at a time (except nap time). In addition, <<SITE NAME>> allows no more than 30 minutes per week of electronic screen time (e.g. tablets, computers, television).

III. Professional Development and Partnerships

<<SITE NAME>> commits to ongoing professional development to promote a healthy child care environment by completing 15 professional development hours yearly in the areas of physical activity, nutrition, gardening, and wellness. <<SITE NAME>> also partners with parents and the community to support a healthy eating and physical activity environment. This is accomplished by sending home newsletters and recipes, going on field trips (e.g. farmers' markets), and using wellness resources provided by <<NAME OF SPONSORING ORGANIZATION>>, the site's sponsoring organization.



Healthy & Active Preschoolers Website

- **Four Online Courses**

- Nutrition Fundamentals
- Food Safety
- Preschool Nutrition and Active Physical Play
- Mealtime Environment

- **Resources Tab**

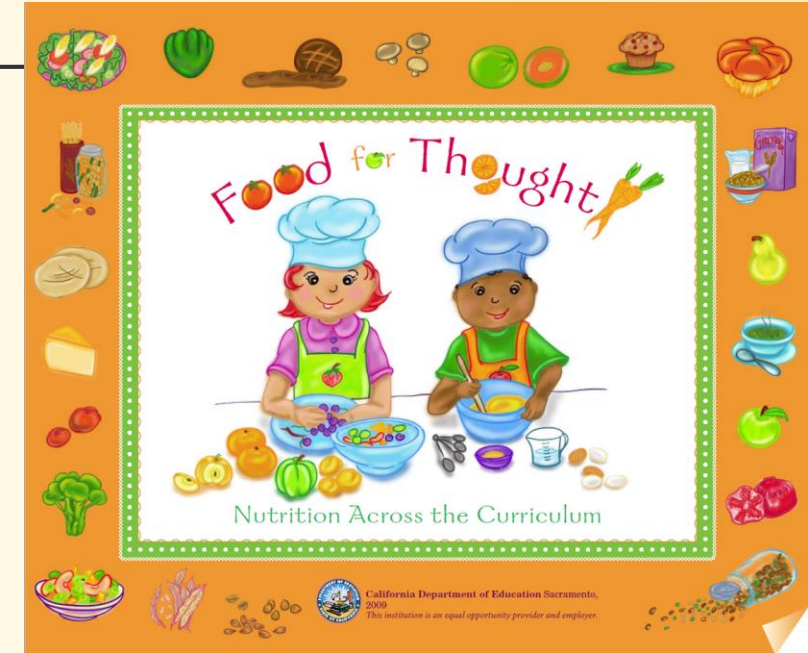
- Tip Sheets
- Hot Topics
- Nutrition Education Curriculum: Food For Thought (downloadable)



<http://www.healthypreschoolers.com/>

Food For Thought

- Nutrition Education Curriculum
- Preschool-aged children
- Includes recipes and hands-on activities
- Promotes science, math, language, and literacy skills
- Free to download or hard copy available for purchase



California Professional Nutrition Education and Training Center Website

- Online Courses:
 - Planning, Preparing, and Serving Reimbursable Meals
 - Child and Adult Care Food Program Management for Centers and Day Care Homes
 - Crediting Handbook for the CACFP
- Free Professional Growth Hours



<http://www.fresnocitycollege.edu/index.aspx?page=2214>

Team Nutrition

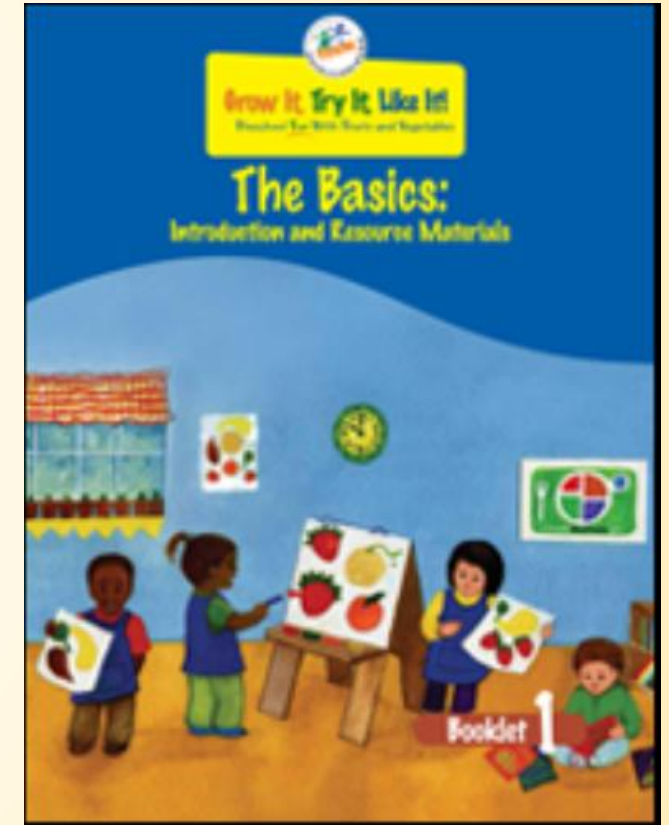
- Resource to implement SHINE criteria
- Initiative of the U.S. Department of Agriculture Food and Nutrition Service
- Free print materials





Grow It! Try It! Like It! Curriculum

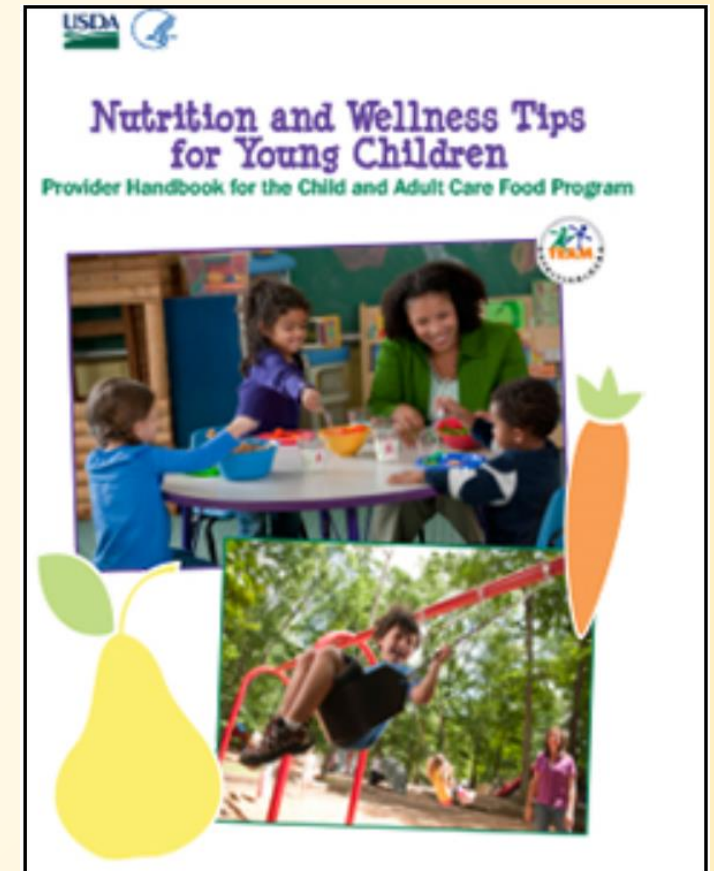
- Garden-themed nutrition education kit
- Introduces children to various fruits and vegetables
- Seven booklets/lessons
 - Hands-on activities
 - Planting activities
 - Nutrition education activities
 - Family-sized recipes





Nutrition and Wellness Tips

- Nutrition Tip Sheets
- Supplemental Section: Choking Hazards, Food Allergies
- Best Practices and Success Stories
- Additional Resources: Active Play, Child Care Policies and Practices, Nutrition





Recipes for Healthy Kids Cookbooks

- Recipes for Healthy Kids for Child Care Centers
- Recipes for Healthy Kids for Homes

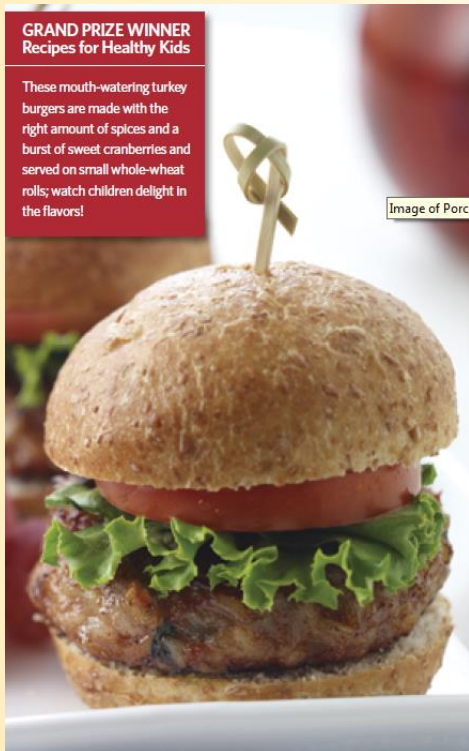


<http://www.fns.usda.gov/tn/child-care-providers>

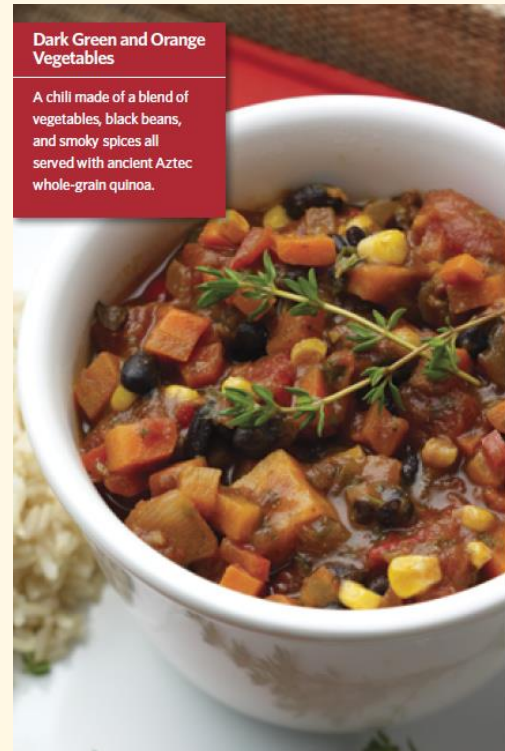


Recipes for Healthy Kids Cookbooks

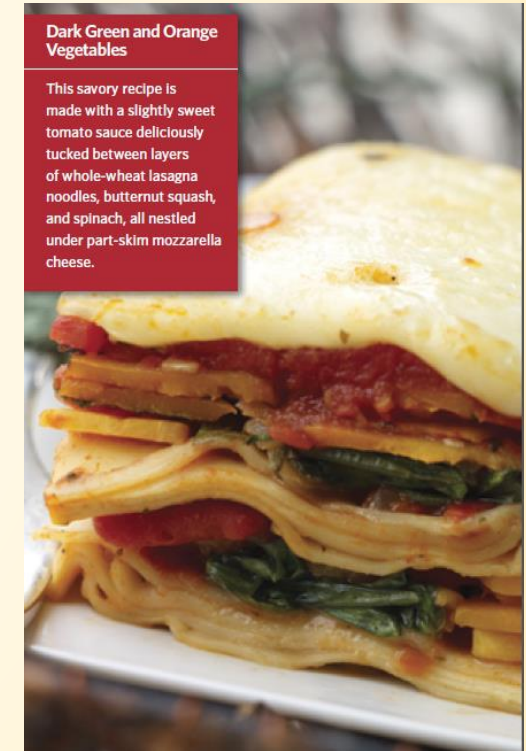
Porcupine Sliders



Smokin' Powerhouse Chili

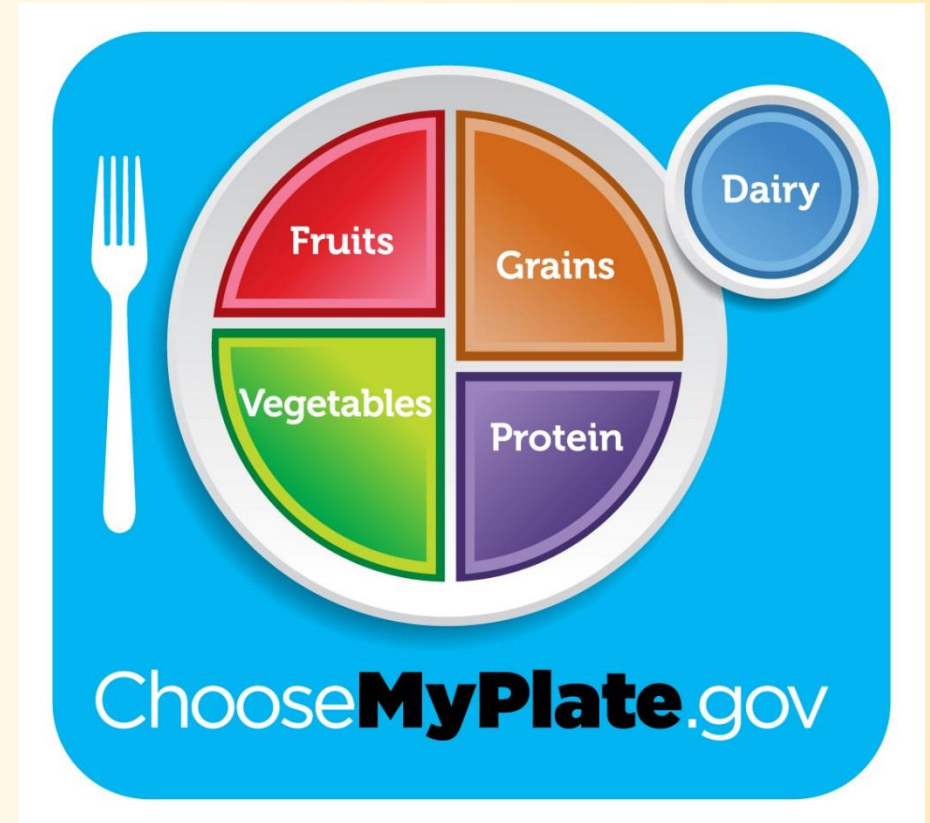


Squish Squash Lasagna



ChooseMyPlate.gov

- Focus on variety, amount, and nutrition
- Encourage selection of foods and beverages with less saturated fat, sodium, and added sugars
- Promote starting with small changes to build healthier eating styles
- Support healthy eating overall



Encourage children to eat vegetables and fruits by making kids help with preparation, based on their age and skills. Kids may try make them.

1 smoothie creations
Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

2 delicious dippers
Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

3 caterpillar kabobs
Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas
Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly
Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty
Frozen months the freezer (or into peeled berries)

7 bugs
Use cereals to add pea cranberries, or

8 home
Skip the your on dried fruits, such as walnuts, or serve pineapple, cherries, cereals to the

9 potato
Decorate tomato to make a fun

10
shape or design

Make better beverage

A healthy eating style includes all foods and beverages. Many beverages contain no nutrients, while others may provide nutrients but too many calories from saturated fat. Help you make better beverage choices.

1 Drink water
Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.

2 How much water is enough?
Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

3 A thrifty option
Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 Manage your calories
Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 Kid-friendly drink zone
Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

*100% juice is part of the Fruit or Vegetable Group.

6 Don't forget y
Select low-fat or fat-free milk. They offer key nutrients like calcium and potassium. Older children and adults need 3 cups of milk a day. Children 4 to 8 years old need 2 to 3 years old

7 Enjoy your beverage
When water just won't do, choose your choice, but just a little. Use a reusable water bottle to stay within a cup, or glasses instead

8 Water on the go
Water is always cool. Use a reusable water bottle in your bag or briefcase to keep it cool throughout the day. Reusable bottles are also easy on the environment.

9 Check the facts
Use the Nutrition Facts label at the grocery store. It contains information about calories and nutrients to help you make better choices.

10 Compare
Food-A-Pedia SuperTracker. Compare calories, added sugars, and

** Milk is a part of the Dairy Group. 1½ ounces of natural cheese

Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1 Search the label
Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.

2 Look for the word "whole" at the beginning of the ingredients list
Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

3 Choose whole grains at school
Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.

4 Find the fiber on label
If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5 Is gluten in whole grains?
People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6 Check for freshness
Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7 Keep a lid on it
When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.

8 Buy what you need
Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9 Wrap it up
Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.

10 What's the shelf life?
Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.

10 tips

Nutrition
Education Series

MyPlate snack tips for parents



10 tips for healthy snacking

Snacks can help children get the nutrients needed to grow and maintain a healthy weight.

Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-calorie dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.



3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

4 go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



5 nibble on protein foods

Choose lean protein foods such as low-sodium deli meats or unsalted nuts. Wrap sliced, low-sodium deli turkey around an apple wedge. Store hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.



8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

10 prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

Serving Utensils and Plates



In-Person Professional Learning Forums

- Nutrition and Physical Activity Forums
- Meal Quality Forums
- Late fall through spring
- Statewide



Nutrition and Physical Activity Forums



Meal Quality Forums



Preschools SHINE Toolkit



<http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp>

Activity #2

1. Assemble into original groups
2. Walk around the room with your group and look at the resources
3. Discuss a resource that could be used to implement your assigned element
4. Share with the larger group





SHINE Program Certification Levels

SHINE Levels of Certification

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



SHINE Levels of Certification

- **Additional Elements**

- **Bronze:** 4 required + 2 additional = **6 elements**
- **Silver:** 4 required + 4 additional = **8 elements**
- **Gold:** 4 required + 6 additional = **10 elements**



Achieving Levels of Certification

Required Elements:

Participation in a Federal CNP

Nutrition Education

Professional Development

Leadership Team

Additional Elements:

Mealtime Environment

Physical Activity

Meal Quality

Edible Gardening

Wellness Policies

Partnerships

Bronze!

Silver!

Gold!



Preschools SHINE Application Process

Application Process

- Access the application on the SHINE Web page
- Review Elements and Criteria
- Submit application to CDE
- Receive written notification of **4-year certification cycle**



<http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp>

Benefits of SHINE Certification

- Recognition: Certificate, Web page
- Contribute to children's positive health outcomes
- Receive tools, resources, and technical assistance
- Assurance to families



Questions?

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