



# *Nutrition Training Required for Child Care*

## *JOINT ANNUAL CONFERENCE*

California Child Care Resource & Referral



# Early Childhood Health & Nutrition

The Important Role of Child Care



Elyse Homel Vitale — California Food Policy Advocates

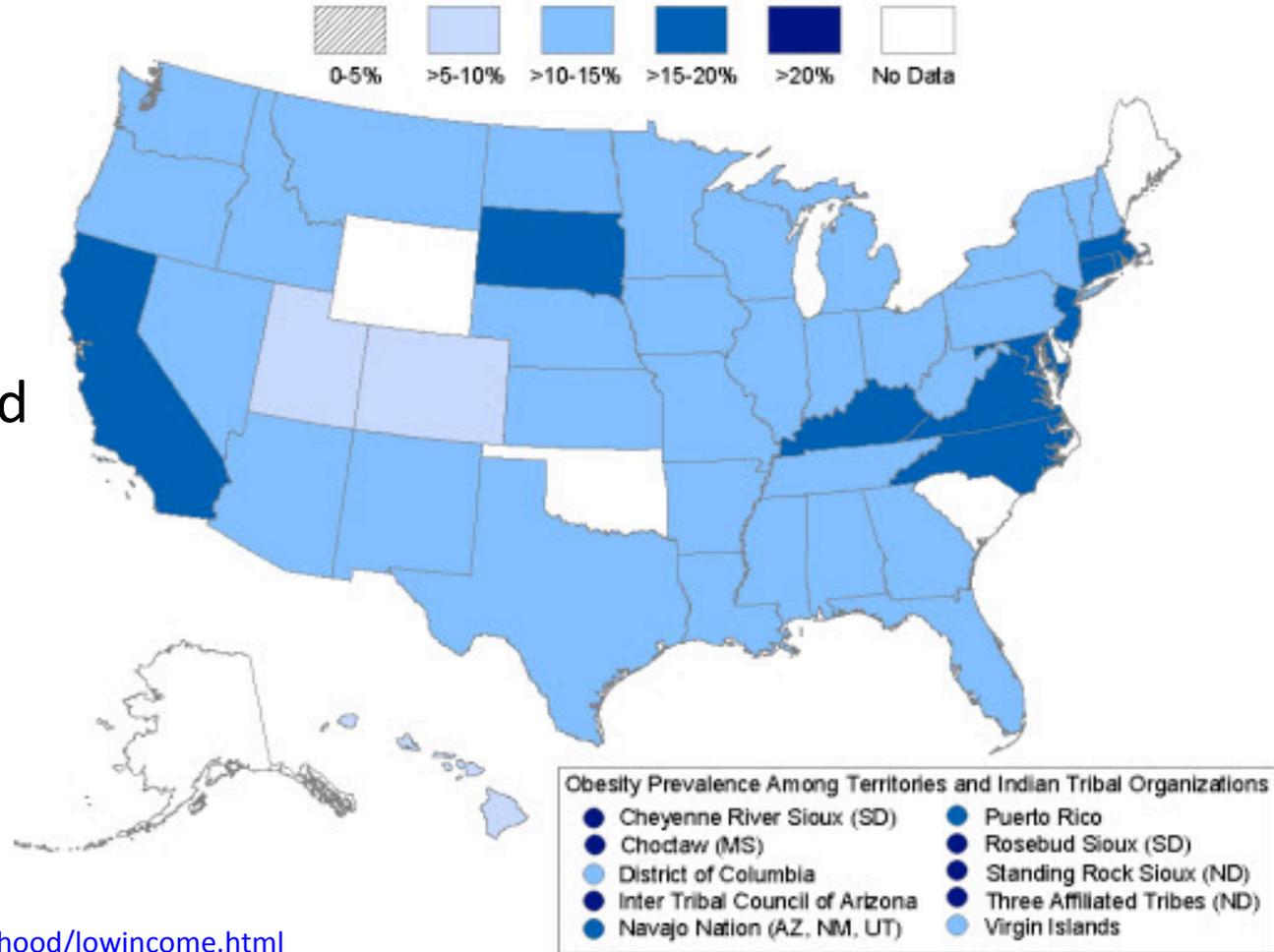


We are a statewide policy and advocacy organization dedicated to improving the health and well being of low income Californians by increasing their access to nutritious, affordable food.

1 of 3 children are obese or overweight before their 5<sup>th</sup> birthday

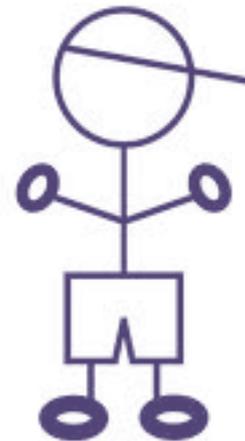
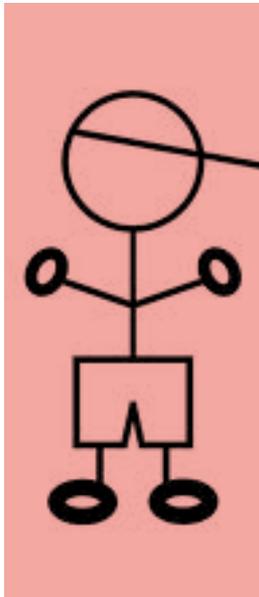
2009

Low-income preschool-aged children



This map is accessible at [www.cdc.gov/obesity/childhood/lowincome.html](http://www.cdc.gov/obesity/childhood/lowincome.html)

27% of children  
in CA are food insecure



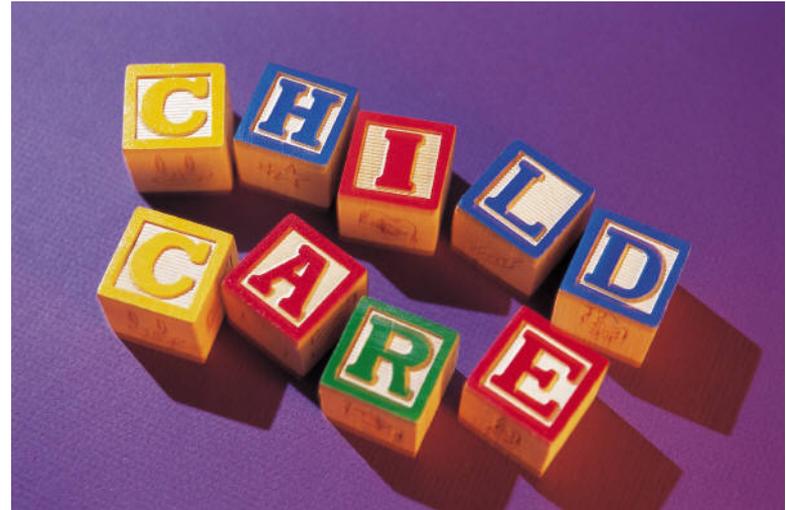
# Impact of Poor Nutrition

- Overweight & obese children
  - Increased risk for chronic disease
  - Breathing problem
  - Self-esteem & other social psychological problems
- Hungry Children
  - Sick more often
  - Growth impairment
  - Development impairment
- Obesity Paradox
- Health care & long-term costs for all society



# Why **CHILD CARE** nutrition?

- 40% of kids enrolled in child care centers
- Thousands more in FCCH
- A significant portion of daily nutrition
- Taste preferences and habits are formed early
- Nutritional quality – room for improvement!
- Providers are gatekeepers



# AB 1872 (Alejo): Improving Child Care Nutrition



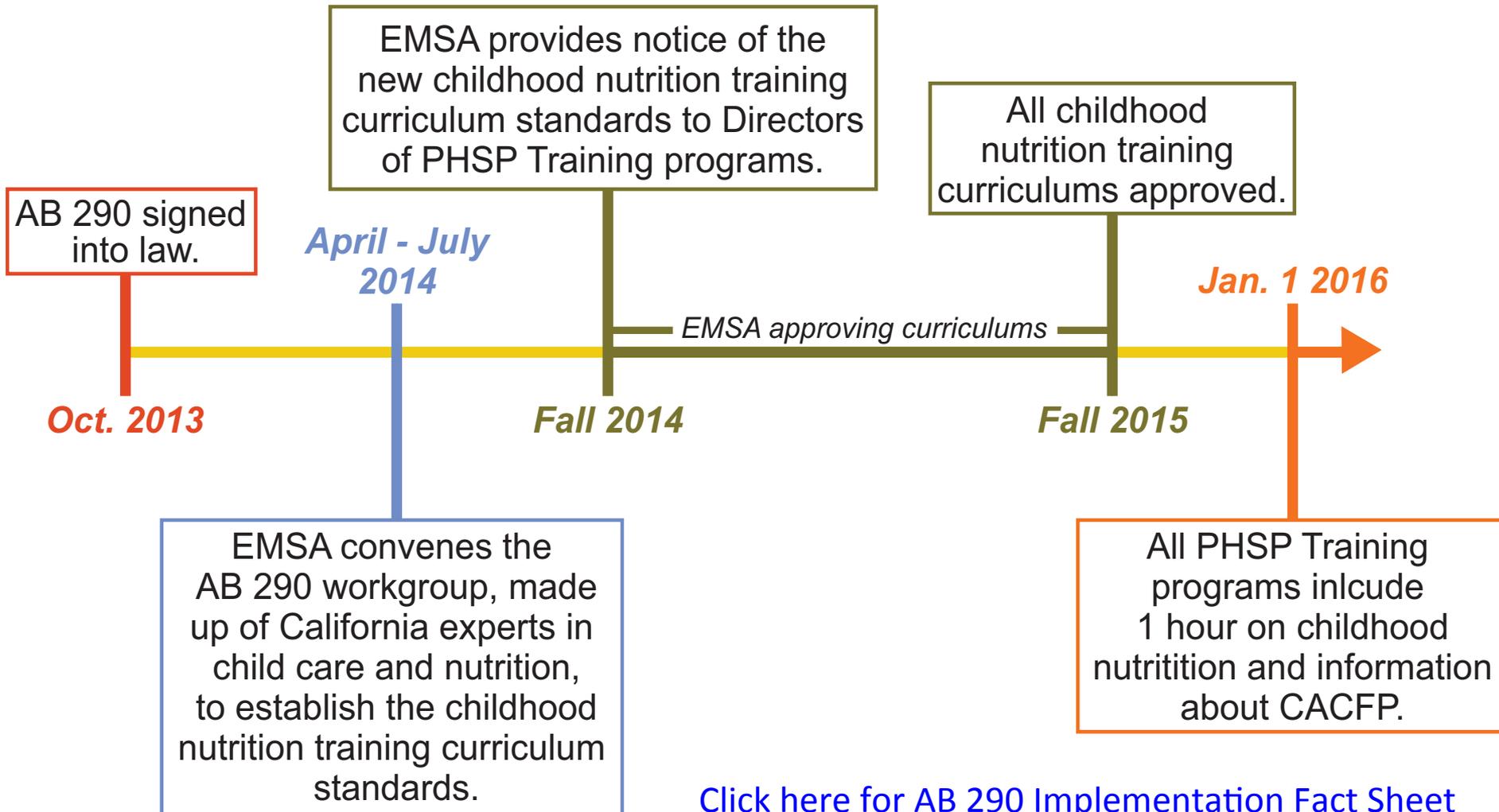
- FDCH providers follow the CACFP meal pattern for all meals and snacks served;
- Local licensing authorities to inform FDCH providers and child care centers about CACFP

# AB 290 (Alejo): Foundations for Healthy Nutrition in Child Care

- Educate child care providers about early childhood nutrition
- Ensure child care providers are informed about the resources of CACFP



# AB 290 Implementation Timeline



[Click here for AB 290 Implementation Fact Sheet](#)

# Expected Outcomes

- Basic understanding of nutritious meals
- Increased awareness of the CACFP
- Access to nutrition resources



*Thank you!*

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# Nutrition Training for Child Care Providers



**Presented By: Lucy Chaidez**  
Emergency Medical Services Authority

# Facts About the Nutrition Training



- Current Preventive Health and Safety Practices (PHSP) training is 7 hours and does not include nutrition training.
- On January 1, 2016, an hour of nutrition training will become a part of the PHSP training, increasing the training to 8 hours.
- Child care providers will not have to schedule separate nutrition training; the PHSP courses will be revised to incorporate the required nutrition training.
- Child care providers who have taken the PHSP training prior to January 1, 2016 will not have to complete the one hour of nutrition training. The training will be required for child care providers who take the training after January 1, 2016.

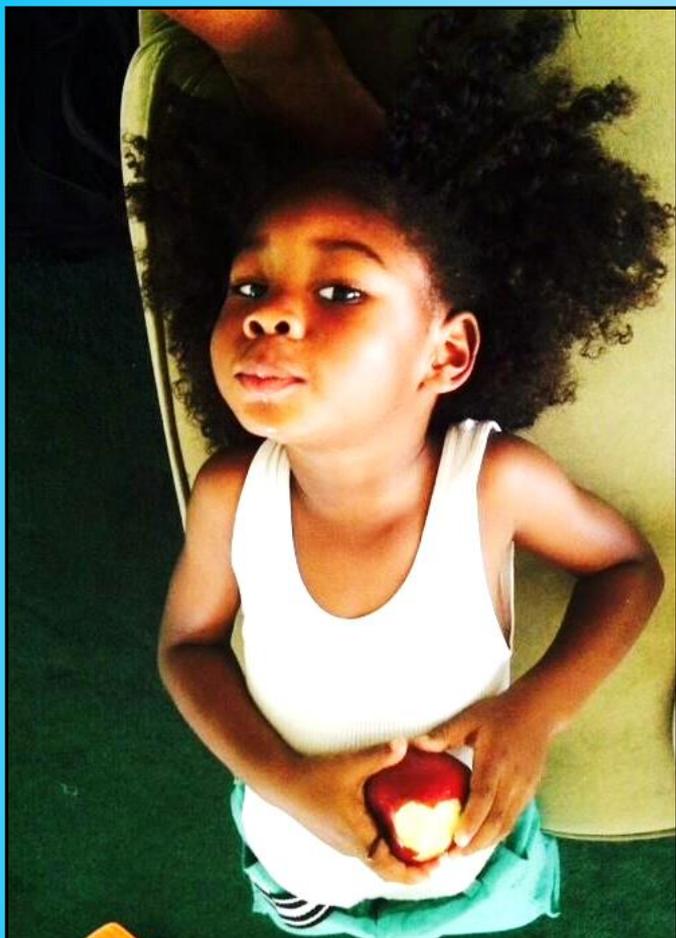




# Nutrition Training will include:

- Basic nutrition facts regarding children aged 0 to 5.
- Why nutrition is important: brain function, growth, and development.
- Ways to improve nutrition in the child care setting.
- How to promote breastfeeding in the child care setting.
- How to teach children about nutrition.





- How to increase physical activity in the child care setting.
- Reference information for the Federal and State Child and Adult Care Food Program (CACFP).
- How to implement family-style meals in child care settings.
- Nutrition resources on an Emergency Medical Services Authority (EMSA) Nutrition web page that will be developed and ready for use by January 1, 2016.





# Legal Requirements

- EMSA must develop regulations for the training required in H&S code sections **1596.866** and **1596.8661**.
- **1596.8661 (c)** For purposes of the training required..... instruction in childhood nutrition shall be at least one hour in length and shall include content on age-appropriate meal patterns based on the most current Dietary Guidelines for Americans. In order to increase child care providers' capacity to serve healthy foods at a lower cost, the training shall contain information about reimbursement rates for the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) (7 C.F.R. 226.20), and shall direct child care providers to the CACFP Unit of the Nutrition Services Division of the State Department of Education for detailed information on CACFP eligibility and enrollment.



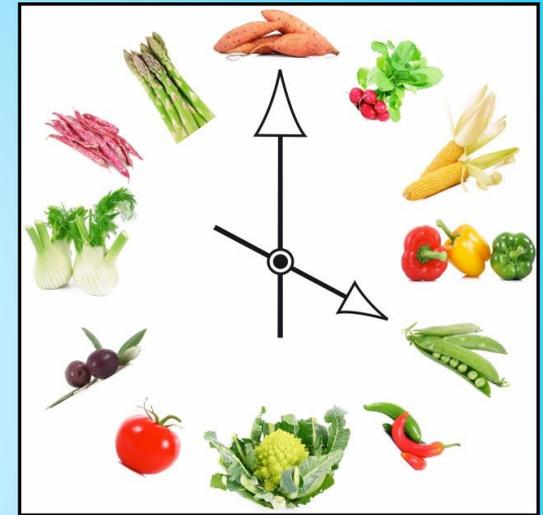
# Developing Training Standards

- EMSA convened a task force this past spring to develop the nutrition training standards.
- To develop the standards, EMSA included feedback from nutritionists, child development specialists, child care training directors and instructors, and child care providers.
- This fall, EMSA is distributing the finalized standards to directors of the training so they may develop the training and have it reviewed and approved by EMSA by October 2015.



# Resource & Referral Responsibility for SCHEDULING the Nutrition training

- Resource and Referral staff should not see a difference in scheduling the Preventive Health and Safety Practices training, other than allowing for an extra hour for the training. Instead of scheduling a 7-hour training, the R&R staff will have to schedule an 8-hour training. Lunch time should be scheduled *in addition* to the 8 hours of training.
- R&R staff will contact EMSA-approved Preventive Health and Safety Practices program directors and instructors that are listed on the EMSA website, just as they always have, to schedule the 8-hour training.



# Child Care Provider Responsibility for Taking the Nutrition Training

- Beginning January 1, 2016, child care providers will have to take an 8-hour Preventive Health and Safety Practices training that includes nutrition training, rather than a 7-hour course.
- Child Care Providers will be able to schedule their Preventive Health and Safety Practices Training as usual.
- Child Care Providers will not have to schedule a separate 1-hour nutrition training.





# Conclusion

- PHSP with nutrition training will be available beginning in Fall 2015.
- EMSA will be working to develop a resource web page that will enhance the one-hour nutrition training.
- We hope the new web page will be used by child care providers and instructors of the training to learn more about:
  - children’s nutrition and how to provide healthier food to children
  - how to safely prepare food
  - how to prevent choking
  - how to implement food allergy precautions in the child care setting
  - how to develop healthy feeding plans, and
  - how to increase physical activity and reduce screen time.
- When we have completed the web page, we will provide notice to the Resource and Referral agencies, as well as to the Licensing agencies, and to our training community, to get the word out about this new resource.





# Any Questions?

For more information, please contact:

**Lucy Chaidez**

**Child Care Training Program Analyst**

**Emergency Medical Services Authority**



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# Healthy Meals in Child Care – *the USDA Child and Adult Care Food Program*



**Kelley Knapp, M.S., R.D.**  
**California Department of Education**  
**Nutrition Services Division**  
**Sacramento, CA**

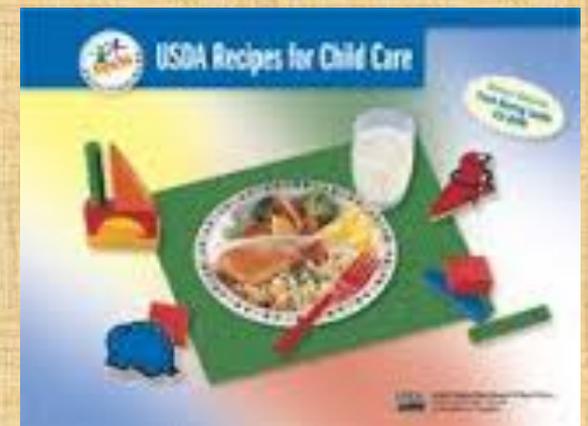
# Who can participate in the CACFP?

- **Licensed Child Care Center**
  - **Nonprofit**
  - **For Profit**
  - **Public Agencies**
- **Licensed Family Child Care homes**
- **At-Risk After-School Centers**
- **Emergency Shelters**
- **Adult Day Care Centers**

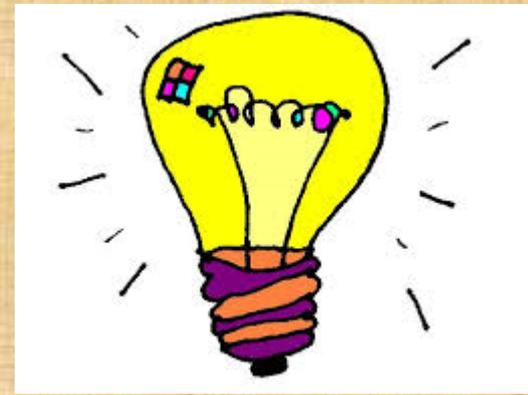


# Why participate in the CACFP?

- **Receive reimbursement from USDA for serving healthy meals and snacks**
- **Receive guidance and training on serving healthy meals**
- **Receive materials from Team Nutrition**



# Did you know that . .

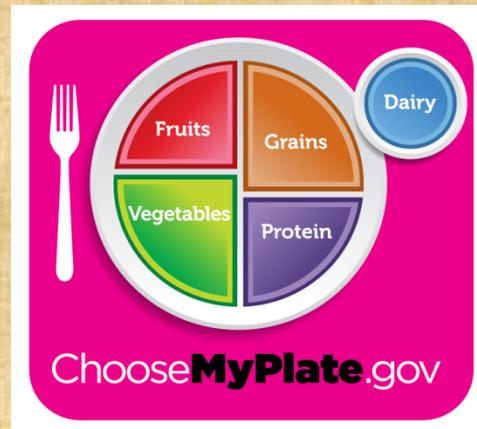


- **California licensed child care centers are required to follow the CACFP meal pattern.**
- **Research shows children are served healthier meals and beverages in centers and day care homes that participate in the CACFP.**

# The CACFP Meal Pattern

## Four meal components:

- Fluid milk
- Breads and grains
- Fruits and vegetables
- Meat and meat alternates



# Sample CACFP Breakfast Menu

**Cinnamon Oatmeal**

**Mixed berries**

**1% Milk**



# Sample CACFP Lunch or Supper Menu

**Teriyaki Chicken Tenders**

**Confetti Brown Rice**

**Broccoli Trees**

**Fresh Apple Slices**

**1% Milk**



# Sample CACFP Snack Menu

**Yogurt**

**Cantaloupe Slices**

**Water**



# Interested in CACFP Participation?

- **Contact the Nutrition Services Division at**
  - **916-327-2991**
  - **E-mail [CACFP@cde.ca.gov](mailto:CACFP@cde.ca.gov)**
- **CDE Web Site Contact List by County**
  - **<http://www.cde.ca.gov/ls/nu/cc/cacfpcontact.asp>**



# What's New in the CACFP

**New Meal Patterns are coming in 2015!**

- Institutes of Medicine – Recommendations for the new CACFP meal patterns link:

<http://www.iom.edu/Reports/2010/Child-and-Adult-Care-Food-Program-Aligning-Dietary-Guidance-for-All.aspx>

- Your online comments to USDA on the proposed rule are welcomed.



# Speaker Contact Information



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**Sacramento, CA**

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**916.445.6774**

Q&A

You have

Questions

We have

Answers

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# Contact Info

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