PRESCHOOL FOOD INITIATIVE TRAININGS 1–6 A OVERVIEW

2013 Review of Preschool Food trainings 1–6.
The PFI Team

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Preschool Food & Healthy Habits
Goals & Objectives

• Establishing a new benchmark for quality
  – Working with and utilizing centers having a diverse range of food practices and programs
  – Utilizing what we’ve learned from the four-year s’Cool Food Initiative

• Goal
  – Creating centers of wellness & advocacy, in harmony with the environment

• Objectives
  – Awareness
  – Enthusiasm
  – Engagement
  – Exploration
  – Implementation
  – Evaluation
  – Sharing and acknowledgment of our successes!
Preschool Food Initiative 1

- Introduced the PFI Matrix and how to use it to:
  - Uplift your program
  - Inform where you currently are
  - Give you direction on where to move forward
Preschool Food Initiative 1
Current Trends & Antidotes

• Obesity
• The Changed Food Landscape
• The Importance of Keeping Children Hydrated
• The Changed Exercise Landscape
• Impact of Media Violence
• Overuse of Technology
Preschool Food Initiative 2

- Updates from the field – Best Practices
- Lap Top Lunch Box & Snack Ideas
- Waste – Free Lunches
- Re Think Your Drink
- Reading Labels-Taste Testing & Comparing
- Working with Parents
Preschool Food Initiative 3

- Shared progress & successes
- Shared challenges & brainstormed solutions
- Updated matrix report & goals
- Seasonal Gardening Tips
- The Nutrition Guide
- Center Food Policies and Procedures
Preschool Food Initiative 4

• Parents and Staff  PFI Training

• Be Food Smart

• Food Labeling Activity

• Engaging Parents in PFI
Preschool Food Initiative 5

- Current Trends & Statistics
- Benefits & Perceptions of Active Play
- Supporting Outdoor Activities with Play Yard Design
- A Supportive Philosophy
- A Supportive Program Approach & Activities
- Effective Teachers
- Marketing to Children, The Commercialization of Childhood
- Parents and Teachers Partnering Together
Preschool Food Initiative 6

- Communication Training
- Teacher Engagement
- Leadership
Preschool Food Initiative 6

• Reflecting on Our Accomplishments and Planning for Success

• Current Trends & Their Antidotes:
  - Obesity
  - Nutrition
  - Hydration
  - Physical Activity
  - Impact of Media Violence
  - Teacher Engagement
  - Communication
  - Working with Parents
Preschool Food Initiative: Current Approach

We continue our journey ...

On creating healthier behaviors and environments for children, families, and staff ...
Preschool Food Initiative - Approach

Remember ...

– Learning & progress is a process, not event
– Every step forward makes a difference
– It’s not where you are, but what you are doing with where you are going that matters
– With this initiative there are dozens of “opportunity points” from which you can begin or continue to make progress
“Til Next Time …

It’s up to you …

“Healthy food, healthy child.”