

PRESCHOOL FOOD INITIATIVE TRAININGS 1-6 A OVERVIEW

2013 Review of Preschool Food trainings 1-6.

Orfalea Foundations

Preschool Food



Healthy Habits Initiative



PFI TRAININGS

1 – 6

A RETROSPECTIVE

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 - Long Matrix

	Subject	Never	Seldom	A # of times	Regularly	Score	Max Score
		No Action	Talk About	Some Action	Much Action		
6. Physical Activity							
1	Policy/practices about outdoor programming					0	4
1	Play yard design-storage, indoor/outdoor flow					0	4
1	Children are physically active					0	4
1	Teachers are physically active w/children					0	4
1	Substantial outdoor time is available to children					0	4
1	Varied activities occur outdoors (not a formalized P.E. program)					0	4
1	Outdoor play allowed in variety of weather					0	4
1	Drinking water is teacher directed					0	4
1	Drinking water is child initiated					0	4
1	Drinking water is encouraged					0	4
	Subtotal					0	40
5. Educating Children							
1	Children learn where food comes from, etc.					0	4
1	Children experience what healthy food tastes like					0	4
1	Curriculum link to other content-webbing					0	4
1	Field Trips to local community resources OR Guest speakers / materials brought in					0	4
7. Gardens							
1	Year round productive garden is in place					0	4
1	Garden provides food for consumption					0	4
1	Garden is active learning environment					0	4
1	Garden related curriculum provided year long					0	4
1	Garden plants honor cultural diversity					0	4
1	Gardens (& soil) are pesticide/chemical free					0	4
	Subtotal					0	24
8. Food Literacy							
1	Parent info is provided thru postings, newsletters, etc.					0	4
1	Information given in Spanish as available					0	4
1	Family Resource/library available to parents (children's books)					0	4
1	Related researched shared w/parents & families					0	4
1	Share recipes children likely to eat					0	4
1	Share resources for healthy food purchasing					0	4
1	Link w/local, community resources					0	4
	Subtotal					0	28
9. Parents & Families							
1	Attend meetings, conferences, center events					0	4
1	Children/families spend more time outside*					0	4
1	Children/families home eating habits improve*					0	4
1	Hold healthy food potlucks and celebrations					0	4
1	PFI Parent Committee represented at Center					0	4
1	Parents, families participate/help in garden					0	4
1	Parents have access to food from garden					0	4
	Subtotal					0	28
10. Nursing Mothers							
1	Allow and encourage breastfeeding					0	4
1	Provide private space for breast feeding					0	4
1	Handle expressed milk					0	4

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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.”**