



Early Childhood Working Group April 7, 2015

Early Childhood Working Group, 3:00 pm, Don Chisholm First Floor Conference Room

Partner Spotlights

Child Care Aware of Kansas- Christi Smith

Christi introduced the meeting and gave a brief description of the focus on healthy celebrations for the child care provider partners and the successes with transforming celebration snacks into healthy options (like the fruit and vegetable trays she provided for the meeting!) The overall goal has been to remove or reduce cupcakes and sweets for parties/holidays.

Kansas City Community Gardens- MaryAnna Henggeler, School Yard Gardens

Kansas City Community Gardens, school yard gardens project, works with preschool to high schools. They build gardens and plant vegetables at a low cost. They have a grant funded position for a childcare/preschool garden coordinator. The next goal is to develop curriculum and ways to help the food get into the child care/preschool meals and snacks. The cost is \$2 for schools to join and it includes 10 packets of seed and support from the KCCG staff. Typically they build raised beds, which includes an additional cost, but they can work with schools and have funding to support costs for school that serve low income populations. They also have a new staff who is Spanish speaking and is helping with bi-lingual outreach and with many aspects of other projects. Individual families can become members as well for \$2-\$12 (sliding scale depending on income). This membership includes seed packets, supports and information, access to low-cost plants and tilling equipment.

Family Conservancy – Heather Waterfield, Growing Healthy Kids Program

Growing Healthy Kids Program is a 2-year project in Wyandotte and Johnson Counties that focuses on nutrition and physical activity. They are recruiting currently for the next project year, which starts in July. They can have up to 12 programs and are looking for centers who have been through other wellness projects/trainings. The main focus is on the providers/teachers/staff. The staff receive 3 trainings (12 clock hours total), as well as a coach and peer learning support. Heather is a trainer for *I am Moving, I am Learning* and the sites receive a resource kit for *I am Moving, I am Learning* curriculum. Sites also receive parent kits with stipends for hosting a parent event. Other aspects of the program are a playground consultation and gardening supports, including assistance in starting the gardens from Cultivate KC.

University of Missouri Research and Extension- Karen Sherbondy

For early childhood providers and others, some key resources are the human development specialists who are located in each county. Nutrition Education and Healthy Eating programs offer a variety of trainings for early childhood providers. Both the www.extension.missouri.edu and www.missourifamilies.org have web-based resources. Research and Extension experts can also ask questions about nutrition or other topics via the Ask an Expert website at <https://ask.extension.org/ask>. The Family Nutrition Education Programs provide nutrition information for low income Missourians, and can be provided at schools, childcare centers and other community locations. Family style meals online training exists and they are working to develop a preschool gardening curriculum currently.

Kansas Department of Health and Environment- Peggy McAdoo, Child and Adult Care Food Program (CACFP) Proposed Changes

USDA is proposing changes to the meal plans for CACFP and is seeking comments until April 15, 2015. Please respond with your comments of support or any suggestions that you may have for the proposed rules. You can also include if you think additional guidance, more clarification or information is needed in order to implement. Major changes to the infant feeding program include an additional age group and introduction of solid foods at 6 months as opposed to 4 months previously. For children and adults, the proposed rules specify that lunches and dinners must include a fruit and vegetable, as opposed to fruit or vegetable. There are new limits on sugar and additional guidance on whole grain, milk and yogurt. There will not be additional funding allocated to incorporate these changes, so please keep that in mind in providing feedback. USDA may spend several months reviewing before issuing final guidance and rules. <https://www.federalregister.gov/articles/2015/01/15/2015-00446/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act#t-4>

Discussion of goals for this group: Nancy Sanchez, Wyandotte County WIC



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- Networking as a way to share resources and ideas
 - The group liked the informal networking time, particularly as we have new people each meeting, so it gives an opportunity to chat with others before the formal agenda
 - Would be nice to have name tags or name plates as well
 - The group like having the partner spotlights and felt that 4 was a good amount
- Sharing Expertise/Cataloging Resources
 - Dietitians/Nutrition expertise is one area that families and/or providers have questions about
 - Listing of educational opportunities for providers. Approved trainings/trainers.
 - Better connecting people on the Early Childhood Working Group (could we make a directory of our group?)
 - What are additional gaps or needs from the group members or those with whom you work?

Meeting Frequency and Next Meeting:

- Ending no later than 4:00 is very helpful; Deciding on meeting dates in advance is helpful

Next meeting: June 2, 2015

2:00-2:30- Networking

2:30-3:30- Meeting Time

Don Chisholm Building, Conference Room
610 22nd St. Kansas City, Mo 64108

Future 2015 meetings:

Sept 17th- 12:30-2:30- Location TBD

Nov 3rd- 2:00-3:30 – Don Chisholm Building Conference Room