



Early Childhood Working Group August 8, 2016

Early Childhood Working Group, 2:00pm, Don Chisholm-First Floor-Conference Room

Attendees: Joan DeCoursey, Connie Farakhan, Emily Meissen-Sebelius, Nancy Sanchez, Barbara Sansberry, Shelly Summar, Robin Shook, Kristin Hankins, Amanda Gress, Chantel Bethune, Jennifer Oakley, Tamra Thole, Cindy Calendar, Rhonda Erpelding, Christi Smith, Katrina Minter, Amy Cochran, Carol Ayres, Jessica Rose, Star Robinson

Partner Updates around the room

- **Kansas City MO Health Department** providing Injury Prevention training, funded by the MCH Block grant and Heal grant, for no charge for childcare providers
- **Healthy Way to Grow** will be expanding with a new program site in St. Louis
- Nemours funding has been extended for **Taking Steps to Healthy Success** wellness collaborative program, and they are recruiting 25 new programs (that serve 40 or more children) by Sept 30.
- **Growing Healthy Kids** has been funded for Kansas. The particular area for initial recruitment will be in the Wyandotte County area of Basehor/Tonganoxie.
- ChildCare Aware/Family Conservancy is also working with new funding to develop a pilot (also wellness focus) that will be funded for 3 years and will have one area focusing on the Jackson county area.
- State Mass Emergency Exercise will take place at the Silverstein Eye Center (Evacuee Center) in Independence, MO on August 24, 2016 and primarily focusing on emergency preparation for children.
- Independence Farmers Market is issuing free \$5 vouchers this weekend at the Farmer's Market, which opens at 9:00am at Walnut & Liberty Streets in the Square.
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Partner Spotlights

Double up food bucks/Beans and Greens – Speaker was out

- Double up food bucks is expanding to new grocery stores and farmer's markets in the KC metro area in August 2016. For every \$1 that a SNAP recipient spends on *local* produce at participating grocery stores and farmers markets, he/she will receive a \$1 free for purchase of fruits and vegetables(essentially doubling the SNAP benefit!). SNAP recipients can receive up to \$25 per day to be used on fruits and vegetables. Learn more about how it works at <http://www.doubleupheartland.org/> .

HyVee Dietician Services – Tamra Thole

- While all HyVees are different, all have dietian services in their stores. Tamra shared about the services she provides at the Liberty HyVee Store, to continue the groups' efforts to be better



Early Childhood Working Group

August 8, 2016

connected with dietitian resources in the community (past presenters/working group members were WIC, Research and Extension and Children's Mercy) .

- Examples that HyVee/Tamra provides are:
 - o Dietician lunch box are for sale for \$5.00, there are five varieties that include labels for ingredients and calories
 - o Kids Cooking Club, \$10 per month, three recipes with handouts that follow the My Plate Model, everyone tries everything "Don't yuck my yum!"
 - o One Step Garden (contact your local store for location), no charge to attend, teaching children how to plant and harvest, cooking activity at the end of class.
 - o Healthy snacks list compiled by RD's – Smart Snack compliance by USDA
 - o Hyveekidsfit.com – includes a scavenger hunt and physical activities for families
 - o October is Food Allergy Awareness Month
 - Food Equality Initiative can provide resources for food allergies, as well
 - o Healthy freezer meals to go – location specific
- RD's can do presentations in the community, guide store tours with education on labels, ingredients, substitutions, assisting with WIC. RD's can relay general information and cannot provide medical advice on specific situations. Parents or childcare providers could visit the store and consult with Tamra/dietitians about questions and purchasing healthy foods.
- HyVee Aisles Online-
 - o Free delivery when purchasing \$100 worth of groceries; small delivery fee under \$100
 - o Not sure the geographic limitations/how far from a physical store they will deliver
 - o Will not accept SNAP/WIC or debit; must be paid by credit card

Wyandotte County food access project – Nancy Sanchez & Joan DeCoursey

- Funded by a CDC grant; goal is to increase healthy food access and increase the number of WIC authorized stores, or those that resemble WIC and WIC standards
- \$2,500 would be allotted for each grocery store for shelving, signage, etc. promoting healthy foods, only for stores with greater than 50% non-WIC revenue.
- The map of area in need of food access, created by KU School of Architecture, shows the gaps. With very recent closing of Price Chopper near Indian Springs, food access is even more of a concern for Eastern Wyandotte County.
- Check on HyVee aisles online delivery for Wyandotte County delivery.

Handouts and Resource for Young Children, Families, Providers

- As a follow up from discussion last meeting, CMH nutrition department provided some handouts for our review around infant and toddler nutrition, as well as snacks (would need some modifications). As a next step, we asked you all to bring the handouts or resources that you find most helpful to share, as well as to help identify gaps or areas of opportunity for alignment.



Early Childhood Working Group

August 8, 2016

- [12345 Fit-Tastic!](#) provides a simple, consistent message that aligns many existing messages/materials and helps focus efforts with a clear call to action
- One gap that 12345 Fit-Tastic! doesn't address is the need for a more consistent message for children less than 2 years old. This group can help move towards alignment of messages potentially. Reviewing existing efforts, materials and messages is a first step.
- **Examples of Handouts/Resources highlighted in the discussion:**
 - o **WIC handouts** - Nancy shared examples of handouts that are provided with WIC visits in Kansas. Topics include information for children about nutrition, community resources, breastfeeding, etc. They are very detailed and comprehensive for different ages/stages of development of young children. These are provided through the state WIC program to local WIC programs.
 - [WICworks.org](#) has a list of WIC resources available to programs and to the public.
 - Missouri WIC uses 12345 Fit-Tastic! handouts when appropriate for consistent messaging and alignment to the assessment and goal setting/plan, provided through the state WIC warehouse.
 - o **Think Big, Start Small** – Amanda from Kansas Action for Children shared about the Think Big, Start Small campaign which focuses on four main areas: *Better Beverages, Unplug Under 2, Right Rewards, Breastfeeding Benefits*. Target audience is childcare centers, pediatricians, parents. This program builds on making healthier decisions. Tool kit is available online or via zip drive through Ks Action for Children.
(<http://thinkbigstartsmallks.com/#/>)
 - o **Head Start** – Barbara Sansberry shared about the HeadStart resources that are specific for the early care and education environment. They can be found at [Head Start Early Learning and Knowledge Center](#) (<https://eclkc.ohs.acf.hhs.gov/hslc>)
 - o **Children's Home Society**-Carol Ayres shared about the Children's Home Society website, which includes family education brochures on a number of topics for early childhood, including several on nutrition and physical activity (<https://www.chs-ca.org/family-education-program>)
 - o **USDA** – Several people mentioned USDA as a great resources through the Team Nutrition, CACFP and What's Cooking sites, among others:
 - *Nutrition Newsletters for Parents*: <http://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children>
 - *CACFP resources*: <http://www.fns.usda.gov/tn/nutrition-wellness-tips-young-children>
 - *What's Cooking- Recipes for Schools and Home*:
<https://www.whatscooking.fns.usda.gov/>



Early Childhood Working Group August 8, 2016

Connecting To Dietitian Services: Ask-a-Dietitian Pilot

- As a result of last meeting and follow up discussion, CMH nutrition department dietitians have offered to pilot test with our group an “ask-a-dietitian” concept. If childcare providers have questions about menu items, substitutions for healthy items or food allergies, or need assistance reviewing a menu, we could connect them with nutrition services at CMH. We’d like to start small to test out the amount of time, nature of the questions, number of questions received, etc.
- Contact Emily Meissen-Sebelius if you are interested in testing this out or know a program that is in need of this service.

Food retailers

- We had hoped based on last meetings’ connection with CMH food service that we might be able to learn or gain access to menu cycles developed on a national level with large food retailers. That information is not available, but we can continue to think about how we might better coordinate and advocate for more affordable healthy options for childcare providers who are using large food retailers.

Next Meeting

- **October 10, 2016, 2 – 3:30pm**, Don Chisholm Center, 1st Floor, Conference Room
 - o 2nd Monday of every other month, 2-3:30pm
- **Weighing In Quarterly Meeting, Thursday, September 22, 2016, 8 – 10am**, Kauffman Conference Center