



Early Childhood Working Group Minutes

July 19th, Kauffman Conf. Center. Kansas City, MO.

Attendees: Nancy Sanchez, Christi Smith, Katrina Minter, Connie Askew, Megan Justice, Lisa Farmer, Shelly Summar, Kyle Matchell, Amy Cochran, Alexis Pape, Emily Meissen-Sebelius

Reflections and Recaps from the Heartland Regional Obesity Summit

Dr. Kohl 's presentation about the worldwide pandemic of physical inactivity was striking to many. Reflections included the prevalence of physical inactivity for adolescents and youth, as well as cutting PE (music and art) out of schools, even with the known impacts for youth (and into adulthood/aging). Early childhood as a sector has been more focused typically on nutrition, so it was a good emphasis on physical activity and reminder about the importance of physical inactivity. The focus on physical activity also connects with the need and important component of staff wellness in ECE. Questions remained about how to approach the system and environmental changes in rural areas, where there may be less momentum or resource for built environment changes.

Partner Spotlight

Lisa Farmer from Missouri Department of Health and Senior Services shared about the culinary skills institute (CSI) and Farm-to-Preschool programs statewide in Missouri. The CSI is a 2.5 day training, partnering with Michael Foust from the FarmHouse restaurant. In the first Farm-to-Preschool and CSI, they had 80 grantees participate. They created a "Growing with Mo" [toolkit](#), as well as 14 posters of season fruits and veggies, recipes, menu cycles, newsletters and other resources by the season and specific to Missouri/Midwest. Resources are available for anyone to use, free of charge and can be found at <https://health.mo.gov/living/wellness/nutrition/farmtopreschool/index.php>

CSI teaches basic nutrition skills and basic culinary skills. It also provides equipment such as knives, cutting boards, etc. They use standardized recipes that meet new CACFP standards, but also align with the schools, so as to familiarize children early to these meals/foods. Participants were also able to network, form friendships, gain knowledge and problem solve. Lisa recommended taste-testing before implementing new changes so as to make and test out small portions of recipes, before making a large batch, and showed pictures of kids involved in those taste-tests.

A Team Nutrition grant was received to provide learning collaborative model for preschools in southeast Missouri. They are picking a region in Missouri for a 2nd year now and will likely have applications out in

August. They will provide a new CSI train-the-trainers opportunity as well, which will focus on school personnel.

Discussion:

Lisa's presentation led us discussing our own interest in a CSI programs in the region, or thinking about ways to expand to the KC region or Kansas side as well. The last few meetings ideas were discussed around the groups' direction. We reviewed those ideas and talked about whether the group is interested in action items/action strategies, or if the group is more interested in networking and connections to resources around those ideas. We asked that attendees think about their own goals and the goals of their work and how the group aligns with those goals and missions, and how the group can best support that. We will continue bringing in partner spotlights that help us reflect on our next steps and that align with the ideas and strategies that we are identifying.

Updates and Networking

The Family Conservancy- Wrapping up last funded wellness grant with ECE providers. They will be holding a celebration event for families and providers from the last 3 years of wellness collaboratives on July 27th in Olathe with opportunities to play on the playground, have a food truck, activities and celebrate healthy successes!

Wyandotte County WIC- Wyandotte County Breastfeeding Coalition will be holding it's annual Community Baby Shower from 10-2 p.m. on Aug. 22nd.

Clay County Health Department is also promoting a community baby shower with the Medicaid MCOs on Aug. 3rd.

Healthy Kids Bright Futures project is beginning with its first cohort of ECE programs (2 in Wyandotte, 4 in Jackson) and community navigator will be in place soon for Wyandotte.

The Family Conservancy is hosting a free training for ECE providers on emergency preparedness this Saturday (July 21st) in Spanish in Overland Park. For details and registration, go to Childcare Aware of Ks, [training calendar](#). Please pass along as this is one of the few trainings held in Spanish.

KC Community Gardens has had some recent staff turnover. Hannah Ebling-Artz is the new schoolyard garden coordinator and Crystal Fritz is the preschool garden coordinator. They are also working on curriculum lessons that teach about gardening.

Weighing In Early Childhood Working Group -2018 Meeting Schedule

- No August meeting
- **Oct. 4th** - Weighing In Quarterly meeting (moved from September), Kauffman Conf. Center
- **October- Thurs. Oct. 25th** at 1:30- 3:00, Wyandotte County Health Dept, 610 Ann Ave.
November- no standing meeting/will schedule as needed
- **December-** Weighing In Quarterly meeting- TBA*