



200 North 22nd Street / Richmond, VA 23223
(804)644-9590 / Fax (804)644-9610
www.childsavers.org

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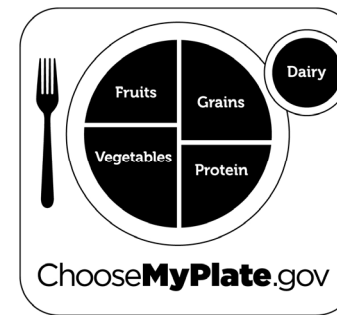


ChildSavers
Child Development Services

A quarterly newsletter for Central Virginia's Child Care Providers

Childhood Obesity

Our country is in the middle of an epidemic. According to the Centers for Disease Control (CDC), many children weigh too much for their height and age. Nearly half of children are either obese or at risk of becoming obese. As a result, children are now at risk for illnesses once only found in adults, such as Type 2 diabetes, high cholesterol, high blood pressure, and sleep apnea. Most frightening of all, it has been predicted that children born today will have a shorter life expectancy than their parents because of the high prevalence of obesity. This decline in life expectancy is the first of its kind in the modern era!



As part of the effort to address the growing issue of child obesity and to simplify the way people think about healthy eating, in June 2011 the United States Department of Agriculture (USDA) replaced the image they use to represent a healthy meal. Say goodbye to the food pyramid and hello to "My Plate." My Plate illustrates the five food groups using a familiar mealtime visual; a place setting.

While many factors contribute to childhood obesity, it is primarily the result of eating too many calories and not getting enough physical activity. Because obese children get out of breath easily, they may not enjoy physical play- one of the simple pleasures of being a child. As a result, children may need extra encouragement, instruction and practice to develop basic motor skills. By increasing your own physical activity and talking with children about the importance of nutritious eating, you can become a positive role model and set children up for a lifetime of healthy habits.

Everyone has a role to play in ending child obesity. Take action by making small changes that will work for you and the children in your care:

- ✦ Offer fun, healthy snacks such as Ants on a Log (celery stick filled with peanut butter or cream cheese and topped with raisins), sliced fresh fruit on a skewer, or raw vegetables and a low-fat yogurt dip are favorites of many children.
- ✦ Plan a test tasting event. Children can taste and vote on new, healthy foods such as veggie burgers, turkey hot dogs, kiwis and more. Then, make their favorites a part of your regular weekly menu.
- ✦ Avoid serving oversized portions of food.
- ✦ Offer more water and do not serve sugary drinks.
- ✦ Limit screen time- no more than 30 minutes per week for children older than 2 years.
- ✦ Build an obstacle course. Create a tunnel to crawl through, a path to walk on, and objects to jump over.
- ✦ Use ordinary objects as equipment- wide masking tape as a balance beam.
- ✦ Teach children how to use one piece of equipment in multiple ways- rolling, catching, bouncing, tossing, throwing and dribbling a ball.
- ✦ On a class wall, list all the names of skills and concepts that children have practiced- climbing, hopping, catching, skipping, jumping, etc.
- ✦ Include motor skills challenges during transition times- for example, ask children to hop back to their seats.
- ✦ Decorate the walls with photographs or pictures of young children being active.

Consider participating in an upcoming ChildSavers workshop for more tips and ideas on not only health and nutrition, but also fun and interesting ways to increase physical activity in your childcare program!

First Lady Michelle Obama's campaign to end childhood obesity features a new effort to work with Childcare Providers: "Let's Move! Childcare"
Visit www.letsmove.gov for more information.

FAMILY DAY HOME PROVIDERS - Did you know? The USDA Food Program may be the Best Kept Secret!

If you are a regulated family day home provider, you can join ChildSavers CACFP USDA Food Program. As a participant in the food program you can get monetary reimbursement for serving nutritional meals to children enrolled in your family day home. Any federally funded program has requirements—the main requirement on the USDA Program is to keep records of the healthy meals you serve to the children and to mark the attendance of the children present when meals are served. **RECORDS CAN NOW BE KEPT ONLINE!** We will train you in the guidelines of the program and provide all necessary information.

There are many great benefits of joining ChildSavers Child and Adult Care Food Program:

1. Children will receive healthy, well balanced meals.
2. The provider receives cash dollars\$\$\$ monthly.
3. **Free online claiming** through Minute Menu (just point and click!)
4. Print your pre-planned menus and post.
5. Keep track of child and parent information & enroll online.
6. Track expenses for tax purposes, including mileage and time-use in home.
7. Plan and print your daily, weekly, or monthly schedule with activity and lesson suggestions.
8. Access a huge database of activity and recipe ideas.
9. Electronically submit your Food Program claim to ChildSavers USDA Program.

Don't have access to a computer? You can still participate using paper forms.

Call Tiffany Branch @ ChildSavers and get signed up today!!! 644-9590 ext.3024

Note: This information is not intended for Providers already participating on a CACFP Program.

P.S. Spread the word! We want every Family Day Home Provider to know the secret!



