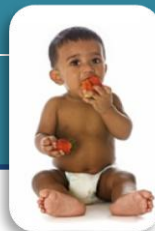


JAN/FEB 2015

Shape NC Connection



New Year, New Energy!



In this Issue

It is the start of a new year and with that comes a great opportunity to renew your energy and purpose around making healthy changes! We look forward to making 2015 a great year for North Carolina children in child care. Take a look through our first issue of 2015 for some health-promoting ideas to get started. Inside you will find tips on supporting breastfeeding moms, information on Be Active Kids train-the-trainer sessions, vegetables you can plant in the next few months, new peanut butter recipes and more! Let's also celebrate the personal success of our Shape NC technical assistance provider, Anjennette White-Holmes (see page 2).

Why Child Care Centers?



January is a perfect time to celebrate last year's accomplishments and move into 2015 with a renewed sense of purpose and energy. Let's take a moment to give ourselves a pat on the back for our accomplishments of 2014 and remember why we are continuing our efforts in 2015!

Shape- 2014

This year our Model Early Learning Centers continued making healthy improvements and are working toward Demonstration Site status. In 2015, Demonstration Sites will be named and these centers will begin offering tours to other centers interested in enhancing the environment and quality of their own programs.

We welcomed 60 new expansion sites to the Shape NC initiative. These centers will begin making healthy changes in nutrition, outdoor learning environments and/or physical activity. We are happy to have 41 technical assistance providers in over twenty counties supporting centers participating in Shape NC. We look forward to more trainings with the TAs in 2015.

Why is early childhood a critical time for obesity prevention?

Children birth to five are learning to move and play, developing taste preferences and mimicking behaviors of caregivers. Sadly, childhood obesity is rising and early childhood experiences can increase the risk of obesity later in life. Globally, about 43 million preschool children are overweight or obese. This is a 60% increase from 1990. Early experiences such as a lack of breastfeeding, lack of sleep and screen time can increase the risk of overweight and obesity.

Why is a child care center an important setting to prevent childhood obesity?

About 75 percent of children spend time in child care, for an average of 35 hours a week. Child care providers can create a healthy environment for children to eat well, play and grow. They can serve children age-appropriate healthy foods, and limit junk food, sugary drinks, and juice. They can offer children lots of opportunities for active play in fun, short bursts throughout the day. And they can keep televisions turned off and away from areas where children sleep. When parents also adopt these practices at home, children are assured the best chance of growing into a healthy weight.

<http://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/>

Shape NC Success!

As told by Anjennette White-Holmes, TA Provider, Albemarle Smart Start Partnership:

I always had a desire to change my weight but not enough motivation because of numerous diet failures. A year ago I was introduced to Shape NC, a project that focuses on giving children and families a healthy start. Through the project I learned of many shocking statistics for NC and the nation. I knew I was a part of the statistics and wanted to do something about my weight and not be a hypocrite to directors, teachers, young children and families. I also have a daughter and I wanted to be around for her.

Shape NC has been a blessing to me. I learned of foods that were healthy and activities that were not extremely strenuous to someone beginning lifestyle changes. Through trainings and other professional development the project offered, I was able to determine what goals were important to me and a strategy to make them work for me. I consulted God in prayer for strength and I began exchanging unhealthy foods with healthy foods. I began to walk small distances and found myself adding more laps each week or two. I moved from walking to stretching, from stretching to Zumba, and from Zumba to strength training. I am now walking five to ten miles per week.

I love my lifestyle change and everyone that asks me what I'm doing to get the weight down I share the obesity rates and how obesity leads to so many health issues. I proceed by letting them know I made a lifestyle change and not a quick fix. I encourage them to gradually make small changes such as substituting unhealthy snacks with fruits and whole grains, start walking a half block or block and then proceed on to more physical activity. I started tasting new foods as opposed to assuming you don't like certain foods because of how they look. Think about life with fewer limits because of health or weight challenges.



I have lost 73 pounds so far!

In my lifestyle change there were daily challenges such as cravings for foods that were not healthy. Other challenges included holidays and church and family gatherings serving food. I had to explain to people about my changes in food- some would be supportive and some not so supportive. Staying focused on your personal health goals is all that matters. Bertie County, is now a part Shape NC. I feel so amazing knowing that more families in the community are learning about how gradual lifestyle changes through food choices and physical activity will decrease health issues.

Working toward a weight loss or health goal is easier when you have support from others. Think about starting a challenge with others at work. Here are some ideas to get you started:

Step challenge—use pedometers to count steps. A goal to aim for is 10,000 steps a day. Each team and/or individual works to meet this goal.

Point challenge—use a point system where a certain amount of points are assigned to various activities, recorded and ultimately added up. Ex: 10 points if you eat 5 servings of vegetables in a day, 5 points if you take a walk during lunch, etc.

Minute challenge—another popular way of providing a challenge is by counting the minutes spent performing a physical activity. Set a goal of 30 minutes a day to start.

Mile challenge—this challenge is similar to the minute challenge, only miles are logged versus minutes.

<http://www.healthysd.gov/Workplace/PDF/WorksiteStrides.pdf>





Support Breastfeeding Moms

The North Carolina Breastfeeding-Friendly Child Care Designation (NC BFCCD) program has been made possible through a grant from Kids Eat Smart Move More.



The program recognizes child care facilities that have taken steps to promote, protect, and support breastfeeding. A rating system has been developed that awards child care facilities with a gold-starred building block for every two steps achieved in the Ten Steps to Breastfeeding-Friendly Child Care.

Are you interested in becoming a breastfeeding friendly child care center? Please visit:

<http://www.nutritionnc.com/breastfeeding/childcare.htm> for links to the application, resources, and the webinar for additional information.

The next deadline to apply is April 15, 2015.

Interested in becoming a trainer?

Terrific! Please contact Kathleen Anderson for training dates in your area. lecus@email.unc.edu, 919-445-0328.

The Breastfeeding Friendly Child Care training will provide you with several resources for the child care center and moms of infants served. Handouts similar to the one here can support moms who are breastfeeding:

Breastfeeding and Child Care: What Moms Can Do

- Make sure that all milk you bring to the child care center is properly labeled with your child's name and the date you expressed the milk.
- If possible, visit our center during the day to breastfeed your baby. This will mean less time needed to express your milk and more time spent with your baby.
- Let the child care center know if your pick-up time is going to be different than usual. Together, you can adjust your baby's feeding schedule.
- When you arrive at the center to pick up your baby, allow some time to sit and feed your baby before you leave.
- Avoid introducing formula. Feeding formula may reduce your milk supply.
- When you are with your baby, nurse frequently and in response to your baby's cues. It is best not to stick to a strict feeding schedule.
- If you are having trouble with breastfeeding or making enough milk, help is available. Our child care center has a list of community resources* that we can share with you.

*Please use this link to find resources to get started:

<http://www.nutritionnc.com/breastfeeding/childcare.htm>



Remember! Breastfed babies have less risk of obesity, Type 2 diabetes, asthma, ear infections, diarrhea, vomiting, and Sudden Infant Death Syndrome (SIDS).

<http://www.nutritionnc.com/breastfeeding/childcare.htm>





2015 Be Active Kids Train-the-Trainer Opportunities



2015
Be Active Kids®
Train-the-Trainer Map

New Train-the-Trainer Sessions for 2015!

About: Shape NC collaborates with Be Active Kids to help child care centers meet physical activity best practices. Be Active Kids is a signature program of the Blue Cross and Blue Shield of North Carolina Foundation and is the only comprehensive physical activity based program dedicated to improving the health and development of children birth to five in North Carolina.

In collaboration with the Frank Porter Graham Child Development Institute at UNC, Be Active Kids has developed an extensive, evidence-based Movement Guide. This guide is largely focused on fundamental motor skill development and movement concepts. Due to the findings of the last Be Active Kids program evaluation and the overwhelming demand, the NEW Movement Guide NOW INCLUDES more than 80 developmentally appropriate lesson plans for infants, toddlers, twos and preschoolers. This NEW Movement Guide is aimed at improving physically active life experiences as children develop motor skills through various activities.

Train-the-Trainer: Registration is currently open for train-the-trainer sessions in 2015. During these trainer sessions, you will gain the knowledge, skills, and resources needed to train child care providers and preschool teachers in your North Carolina community. Once you have become a certified Be Active Kids trainer you will be able to offer the FREE training to child care providers in your area.

Cost: Train-the-trainer sessions are \$25. This covers the training, training materials and lunch.

For additional information, requirements and registration please visit:

<http://beactivekids.org/bak/Trainers/Default.aspx>

If you have questions or if you are an NC early childhood educator interested in receiving the Be Active Kids curriculum to use in your classroom, please contact Ryan for the names of trainers in your area: Ryan Fahey at (919) 287-7012 or ryan@beactivekids.org

2015 Train-the-Trainer Session

<u>Training Date</u>	<u>Training Location</u>	<u>Registration Deadline</u>
February 24th	Greensboro, NC	February 13th
March 25th	Whiteville, NC	March 13th
April 15th	Knightdale, NC	April 3rd
May 26th	Cullowhee, NC	May 15th
June 10th	Hendersonville, NC	May 29th
July 14th	Wilkesboro, NC	July 3rd
September 9th	New Bern, NC	August 29th
October 8th	Pinehurst, NC	September 25th
November 4th	Elizabeth City, NC	October 23rd
December (TBD)	TBD	TBD

Remember! Be Active Kids helps Shape NC centers improve best practices related to physical activity!

Shape NC Parent Successes

Many thanks to Sandy Johnson and her staff at Friendly Avenue Christian Preschool (FACP) for diving head first into Shape NC and making their Model Early Learning Center a healthy one. Below are two parent letters that she received. We are so thrilled to see that parents notice the quality that comes with participation in Shape NC. The kids seem healthier and happier!

Elizabeth (Son 4) :

I could go on for days about this, but I will say the following:

The emphasis on nutrition is amazing. Will is exposed to so many different foods that he otherwise would not be, all of which are good for him! He is an extremely picky eater and I know he does not eat a lot of the things offered right away, but the key seems to be re-introducing new foods so that eventually they will develop a taste for them. I am very grateful that the school is willing to provide such nutritious snacks, and it also gives me lots of ideas to try at home to help incorporate more healthy foods.

Naturalized Outdoor Environments – I am amazed every single time I walk onto the playground. I have seen so many “plastic” playgrounds that are just an assortment of jungle gyms, and to see so much variety and depth in the activities found in the outdoor space is so refreshing. All of the children are engaged in activities. After only being back for a short time, Will informed me as I was cooking one night that the rosemary I was using was an herb. How amazing that he is learning about cooking with things found right in your garden! They are learning about weeds vs. plants, food that can come from a garden, how to properly care for a garden, etc.

The environment offered at FACP is not over-stimulating, it is very calm and natural and it has helped Will tremendously.

Overall, having such a focus at preschool helps me as a mother to purposefully incorporate healthy and natural living in my children’s lives at home.



Jennifer (Sons in Toddler & 4 Year Old Classrooms)

Our family chose Friendly Avenue Christian Preschool in large part because of the Shape NC grant and the focus on nutrition, physical activity and naturalized outdoor environments. The preschool's emphasis in these areas mirrors what we value and teach at home. My four year old has developed language to discuss nutrition. He talks about "whoa" foods, like pizza, as foods we only eat sometimes. Our family has picked up nutritious and delicious recipes from school. Ms Ashleigh's vegetable chip tasting/voting was fun and provided yummy recipes for veggie chips at home. I love that my kids come home dirty, with shoes full of sand. It is a rare night we can skip a bath because there is dirt in their diapers and under their nails. They are making sand patties and digging in the garden. They are outside playing! The naturalized outdoor environments are beautiful and afford countless opportunities for learning about the world--nature, where food comes from, how to play and interact with the world around us, not the world we manufacture and buy. I feel very grateful to be able to send my children to FACP and know that despite what we pay, monies such as the Shape NC grant funds are crucial to FACP being able to live their mission and provide children with quality learning environments that are foundations for their lives.



Engaging Parents

You can support families in making healthy choices at home by communicating openly and offering resources when asked.

How can I learn more about supporting families in healthy change?

Try taking this new online course, *Strategies to Support and Encourage Healthy Active Living*. This course is an online, interactive self-study course developed for the Early Childhood Learning and Knowledge Center (ECLKC). Learners will practice building skills to effectively communicate and engage with families around creating and maintaining a healthy, active lifestyle.

How much does the course cost?

The course is free!

Where do I find it?

Visit the National Center on Health landing page and look under *Healthy Active Living*.

<http://eclkc.ohs.acf.hhs.gov/>

How long does it take to complete?

The time spent to complete the course differs for each learner. There are 6 modules in this online course: Modules 1 – 3 take between 15 – 20 minutes per module to complete, Modules 4 – 6 take between 25 – 30 minutes per module to complete. Progress in completing this course will be tracked.

Can I pause and come back later?

If the user is unable to complete the entire course at one time they can come back and pick up where they left off.

What internet browser should I use?

This course is optimized for a Windows platform using the most current version of Internet Explorer, Google Chrome or Mozilla Firefox.



THE NATIONAL CENTER ON
Health

Peanut Butter

Peanut Butter is healthy as long as it is eaten in moderation. A serving of peanut butter is two tablespoons which has about 12 grams of fat, 3 of which are saturated. This is very similar to olive oil. Some fat is good for us, too much can lead to health problems like plaque build-up in the arteries. Peanut butter has fiber, vitamins and minerals (including potassium) and other nutrients. So eat peanut butter in moderation and enjoy the flavor and the health benefits! Here are some recipes to try: peanut butter oat balls and peanut butter quesadillas!

Ingredients

1 cup oats, $\frac{2}{3}$ cup toasted shredded coconut, $\frac{1}{2}$ cup peanut butter, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup honey, 1 Tbsp. chia seeds, 1 tsp vanilla



Instructions

Combine all ingredients in a large bowl. Roll and compress the mixture into 1 inch rounds and place on parchment paper. Refrigerate a few minutes until firm and then transfer to an air tight container. Refrigerate and enjoy for up to one week.



Ingredients:

Cooking spray, 2 tablespoons natural creamy peanut butter, 2 whole grain tortillas, 1 large ripe banana sliced, 4-5 strawberries sliced, $\frac{1}{8}$ teaspoon cinnamon (if desired)

Directions

Heat a medium skillet over medium high heat and spray pan with cooking spray. Spread 1 tablespoon of the peanut butter evenly over each tortilla. Arrange both the banana and strawberry slices over one tortilla, sprinkle with a pinch of cinnamon, and top with the remaining tortilla, peanut butter side down. Press gently to help them stick together. When the skillet is hot, add the quesadilla, flipping once, until golden brown, about 2 minutes per side. Cut each quesadilla into halves or quarters.





CACFP MEAL PATTERNS RELEASED



SUMMARY OF PROPOSED CHANGES

INFANTS

- ✓ Revise the infant age groups from three age groups to two age groups
- ✓ Introduce solid foods to infants beginning at 6 months of age
- ✓ Eliminate the service of fruit juice to infants of any age
- ✓ Allow reimbursement for infant meals when the mother directly breastfeeds her child at the child care facility
- ✓ Require a fruit or vegetable serving in the snack meal pattern for the 6 to 11 month infant age group
- ✓ Allow additional grain options for infant snacks

ONE YEAR AND OLDER

- ✓ Separate the fruit and vegetable component for children and adults
- ✓ Require that at least one grain serving per day, across all eating occasions, be whole grain or whole grain-rich
- ✓ Require breakfast cereals to conform to WIC requirements
- ✓ Prevent grain-based desserts from counting towards the grains component
- ✓ Allow an optional meat or meat alternate to be served at breakfast in lieu of some grains
- ✓ Allow tofu to be counted as a meat alternate
- ✓ Allow yogurt to be used to meet the fluid milk requirement for adults only, no more than once per day
- ✓ Disallow frying as an onsite preparation method for day care institutions and facilities
- ✓ Add a fourth age group (13 through 18 years) to the meal pattern for children
- ✓ PROHIBIT flavored milk for children 2 through 4 years
- ✓ ALLOW flavored milk to children 2 through 4 years with no more than 22 grams per 8 fluid ounces
- ✓ LIMIT sugar content for yogurt to 30 grams per 6 ounce serving

CACFP is making changes to create healthier guidelines for children in care. These are the PROPOSED changes and are not currently in effect. These are the greatest potential changes to the meal pattern since 1989.

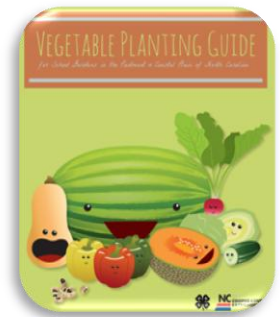
Tell them what you think of these changes by taking the survey here:

<http://www.surveymonkey.com/s/TTDG29G>

Get Ready to Plant

NC State's Cooperative Extension developed a planting guide for information on growing in the Piedmont and Coastal Plain of North Carolina. This region starts in the foothills and extends to the Atlantic Ocean. The guide is a great starting point for new gardeners. For specific growing information, please visit the Cooperative Extension website for your county. To download this guide, please visit:

<http://www.growforit.org/images/uploads/publications/Veggie-guide-east.pdf>



Cultural practices for common vegetable crops in N.C. Coastal Plain and Piedmont

CROP	VISUAL DESCRIPTION	SPRING PLANTING DATE	FALL PLANTING DATE	PLANTING METHOD	PLANT INDOORS Weeks before transplanting to the garden	DAYS TO HARVEST	PLANTING DEPTH AND SPACE	NUTRIENT INFO
Beets		March 1- April 15	August 1- September 15	Direct seed	5-6	55-80	Depth 0.5 in Space 2 in	Folate
Broccoli		February 15- April 15	August 1- September 15	Transplant	5-7	70-80	Depth 0.5 in Space 18 in	Vit. C, K, potassium, folate, fiber
Carrots		February 15- March 31	June 15- September 15	Direct seed	X	85-95	Depth 0.25 in Space 2 in	Vit. A, C,
Celery		March 1- March 31	June 15- August 15	Transplant	10-12	80-100	Depth 0.125 in Space 6-8 in	Vit. A, C
Peas, Garden		February 1- April 15	August 1- September 30	Direct seed	X	65-70	Depth 1 in Space 1 in	Vit. A, C, folate, fiber

This chart provides examples of a few vegetables that can be planted in February, March and April. Remember, it's best to plan after the last frost if planting directly into the ground.

Note about Planting Method Column:

Direct seed = Crops that do not transplant well should be sown directly into the garden beds.

Transplants = To grow transplants by planting seeds indoors, fill a growing container with a peat-based potting media. Sow seeds to the depth given in the planting guide, and grow transplants in a sunny window or under grow lights for the time listed in the planting guide.

Grant Opportunities

Smart from the Start Awards

The Smart from the Start Awards are designed to encourage preschool teachers to create practical, long-term improvements in nutrition and physical activity at their preschool.

Awards: \$20,000 main award; (10) \$2,500 runner-up awards.

Deadline: Friday, February 27, 8pm EST

See more here <http://www.togethercounts.com/sfts/awards>



Healthy Playground Makeover Sweepstakes

Each year, the Sweepstakes from Together Counts provides the opportunity for you to win big for your school or pre-school.

Prizes: 2 Grand Prizes = \$30,000 in prizes for your school's wellness program and a new playground from Playworld Systems, Inc.; 3 Runner-up Prizes = \$5,000 in prizes for your school's wellness programs

Deadline: Enter every day until Thursday, March 19, 2015 at 5PM EST for your chance to win!

See more here <http://www.togethercounts.com/at-school/win-for-your-school/sweepstakes%20-%20sthash.guHJvg4J.dpuf>



We Want to Hear from You!

We will continue to share Shape NC news and current resources related to nutrition, physical activity and outdoor learning environments in child care. Do you have a story related to healthy weight promotion in early childhood? Do you have a topic that you would like included in the next edition? We want to hear from you! Please send your thoughts and ideas to Alyssa Michel, Shape NC Project Coordinator, at: AMichel@ncsmartstart.org

Over the course of each school year, trends showed the percent of children who reached a healthy weight is gradually improving.



www.smartstart.org/shape-nc



BlueCross BlueShield
of North Carolina

Foundation

An independent licensee of the Blue Cross and Blue Shield Association