



CHILD CARE WELLNESS TOOL KIT

CACFP BEST PRACTICE

Florida Child Care Food Program Promotes Improved Nutrition with Education and Higher Standards

Overview

The Bureau of Child Nutrition Programs under the Florida Department of Health has developed a number of strategies to improve nutrition in the Child Care Food Program – CCFP (nationally known as the Child and Adult Care Food Program: CACFP). They provide training workshops on Food Safety, Feeding Infants, and Nutrition and Menu Planning. From these trainings they have developed workbooks which can be used as a resource along with The Florida Child Care Food Program Cookbook and its companion booklet Planning Healthy Menus, and Parent Fact Sheets which are available online at www.doh.state.fl.us/ccfp. They also have mandatory nutrition standards that go above and beyond USDA standards.

Workshops

Bureau nutritionists travel to seven different locations in the state to conduct hands on, interactive workshops for childcare sponsoring organization trainers and childcare center staff including cooks, directors etc. They are designed as a train the trainer model. Those trained are expected to share with their center what they have learned. Workshop topics alternate semi-annually and are advertised by memo and website to CCFP contractors. Workshop topics are as follows:

- **Food Safety**
 - 3 hr workshop focuses on safe food handling, preparation, and storage and the prevention of food borne illness.
- **Feeding Infants**
 - 3 hr workshop focuses on nutrition policy and meal pattern requirements for infants, developmental readiness, nutritional needs, and infant feeding safety.
- **Nutrition and Menu Planning**
 - 2 part 6 hour workshop focuses on nutrition policy and meal pattern requirements for children, developmental stages and corresponding nutritional needs, planning menus, and purchasing food.

Workshop Challenges

- Language Barrier:
 - Lag time for workbooks to be translated into Spanish
- Difficult for child care providers to leave their job for an entire day or more.
- CCFP nutritionists have to travel to sites all over the state to conduct workshops but there are fiscal travel restrictions.

Resources

- Workbooks which were developed for the implementation of the workshops and contain similar content can be found at:

<http://www.doh.state.fl.us/CCFP/info/nutrition.html>

- The Florida Child Care Food Program Cookbook and its companion booklet Planning Healthy Menus:
 - The cookbook is a compilation of favorite recipes submitted by participating Child Care Food Program providers. Each recipe has been standardized with nutrient analysis and meal component contribution. Copies were provided to all participating centers and is available online at:

<http://www.doh.state.fl.us/CCFP/info/cookbook.htm> and

http://www.doh.state.fl.us/CCFP/docs/planning_healthy_meals_booklet.pdf

- Parent Fact Sheets:
 - Various handouts covering topics such as food safety, baby bottle tooth decay, and reduced fat versus low fat milk are available online and provided to workshop attendees:

<http://www.doh.state.fl.us/CCFP/info/parent.html>

Future Plans for Workshops, Training, and Education

- Vitamin A and C resource book
- Online workshop tutorial (reduces travel expenses)
- Breastfeeding booklet for working moms
- Develop and distribute hard copies of healthy Preschool Lesson Plans to all CCFP participants that:
 - Will be simple so as not to require a background in early childhood education or nutrition
 - Provides tools and templates
 - Includes nutrition and physical activity component
 - Includes a parent letter and activity to take home
 - Includes a one page fact sheet to the community

Nutrition Requirements for CCFP in Florida

The Bureau worked independently on developing the new nutrition standards and workshop training development and implementation for CCFP meals and snacks. The standards are consistent with statewide campaigns such as moving to lower fat milk.

The CCFP nutrition requirements are mandatory. They are reinforced through workshop training and later by technical assistance from field staff. The center is allowed a grace period if found not in compliance, however if the problem persists then they must follow a corrective action plan and face the possibility of meal disallowance.

Nutrition standards include:

- Limits fruit juice to no more than one serving per day.
- No more than two sweet grain/bread breakfast items and no more than two sweet grain/bread snack items may be served per week.
- Only ready-to-eat breakfast cereals containing 10 grams of sugar or less per serving are creditable.
- Low fat or fat free milk required for healthy children age two and older.

The complete Florida CCFP Nutrition Requirements can be found at:

http://www.frac.org/pdf/florida_CCFP_nutrition_requirements.pdf

Partners

For broader state campaigns the Bureau is a member of The Florida Interagency Food and Nutrition Committee (FIFNC). FIFNC is comprised of several state agencies with a nutrition or food focus (including the Department of Health WIC and CCFP, Departments of Education and Agriculture) which fulfills the State Nutrition Action Plan. Annual nutrition education campaigns are developed via this collaborative effort. CCFP and other participating agencies produce campaign materials around a common theme but materials are specific to each agency's customer base.

The committee's campaign materials and link to their state plan can be found at:

<http://fifnc.com/>

The Bureau worked independently on workshop and nutrition standards development and implementation.

Funding

All of the Bureau's work has been federally funded from USDA Food and Nutrition Service's money provided to administer the CCFP in Florida.

For more information contact:

Brenda Crosby

Public Health Nutrition Manager
Bureau of Child Nutrition Programs
Florida Department of Health
Brenda_Crosby@doh.fl.us
(850)245-4323

Geraldine Henchy

Director of Nutrition Policy
Food Research and Action Center
(202)986-2200 ext. 3025
ghenchy@frac.org