

## Overview

In Florida, the Child Care Food Program (CCFP) is administered by the Department of Health, Bureau of Childcare Food Programs through public-private partnerships with over 1,800 private non-profit, for-profit, and public entities to deliver program services at the local level. Since 2002, the CCFP has implemented meal pattern policies that enhance the USDA meal pattern for children. These higher standards and their nutrition education efforts are intended to improve the nutritional status of children and help them maintain a healthy weight.



## Workshops

Bureau nutritionists travel to 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 provide training workshops on Nutrition and Menu Planning, Promoting Healthy Habits Right From the Start, Feeding Infants, and Food Safety. From these trainings, they have developed workbooks which can be used as a resource along with A Dozen Ways to Be Healthy: Preschool Lesson Plans for the CCFP, and Parent Fact Sheets which are available online at: [www.doh.state.fl.us/ccfp/](http://www.doh.state.fl.us/ccfp/). Those trained are expected to share with their centers what they have learned. Workshop topics alternate semi-annually and are advertised by memo and website to CCFP contractors. Workshop topics are as follows:

- Nutrition and Menu Planning
  - 4 ½ hour workshop focuses on nutrition policy and meal pattern requirements for children, developmental stages and corresponding nutritional needs, planning menus, and purchasing food
- Promoting Healthy Habits Right From the Start
  - 3 ½ hour workshop focuses on "best practices" regarding nutrition and physical activity to reduce the risk of overweight and obesity in children

- Feeding Infants
  - 3 hour workshop focuses on nutrition policy and meal pattern requirements for infants, developmental readiness, nutritional needs, and infant feeding safety
- Food Safety
  - 3 hour workshop focuses on safe food handling, preparation, and storage and the prevention of food borne illness

## Workshop Challenges

- Language Barrier
  - Difficult to ensure training workbooks in Spanish are up to date
  - No one bilingual is currently on staff in nutrition section
- Difficult for childcare providers to leave their job for an extended amount of time
- CCFP nutritionists travel to sites all over the state to conduct workshops but there are fiscal travel restrictions that may affect this travel

## Resources

- Workbooks which were developed for the implementation of the workshops can be found at:

Nutrition and Menu Planning for Children in the Child Care Food Program  
<http://www.doh.state.fl.us/ccfp/Nutrition/Children/children.htm>

Promoting Healthy Habits Right From the Start  
<http://www.doh.state.fl.us/ccfp/Nutrition/Children/children.htm>

Feeding Infants in the Child Care Food Program – Guidance for Child Care Providers  
<http://www.doh.state.fl.us/ccfp/Nutrition/Infants/infants.htm>

Food Safety in the Child Care Food Program  
<http://www.doh.state.fl.us/ccfp/FoodSafety/foodsafety.htm>

- A Dozen Ways to Be Healthy: Preschool Lesson Plans for the CCFP
  - This publication provides twelve easy-to-follow lesson plans, fact sheets, and parent letters for child care providers covering various health, nutrition, and physical activity topics.

[http://www.doh.state.fl.us/Family/ccfp/Nutrition/NutritionEd/preschool\\_lesson\\_plans.htm](http://www.doh.state.fl.us/Family/ccfp/Nutrition/NutritionEd/preschool_lesson_plans.htm)

- [Breastfeeding Friendly Child Care Facility Designation](#)
  - The CCFP recently created a breastfeeding recognition program. Child care facilities that meet six standards and have a breastfeeding policy in place are eligible to receive the Florida CCFP Breastfeeding Friendly Child Care Facility designation. Qualified facilities receive a certificate of appreciation and a “cling” to place on their door or window.  
  
[http://www.doh.state.fl.us/Family/ccfp/Nutrition/Infants/breastfeeding\\_friendly\\_application.pdf](http://www.doh.state.fl.us/Family/ccfp/Nutrition/Infants/breastfeeding_friendly_application.pdf)
  
- [Breastfeeding and Work: A Guide for Working Mothers](#)
  - This booklet encourages mothers to continue breastfeeding when returning to work or school by teaching them about the importance of breastfeeding, selecting and using a breast pump, and providing tips to make pumping and working as easy as possible. It is available for download and is given out at the Feeding Infants workshop.  
  
[http://www.doh.state.fl.us/ccfp/Nutrition/NutritionEd/bf\\_booklet.pdf](http://www.doh.state.fl.us/ccfp/Nutrition/NutritionEd/bf_booklet.pdf)
  
- [Do You Know the Lub-Dub Song?](#)
  - This children’s book introduces the importance of the heart and its basic functions. It encourages children to be physically active and make healthy food choices. Distributed to over 6,000 child care sites participating in the CCFP.  
  
[http://www.doh.state.fl.us/Family/ccfp/Nutrition/NutritionEd/Lub\\_Dub.pdf](http://www.doh.state.fl.us/Family/ccfp/Nutrition/NutritionEd/Lub_Dub.pdf)
  
- [The Florida Child Care Food Program Cookbook](#)
  - The cookbook is a compilation of favorite recipes submitted by participating CCFP providers. Each recipe has been standardized and includes nutrient analysis and meal component contribution. Copies were provided to all participating centers.  
  
<http://www.doh.state.fl.us/ccfp/Nutrition/Children/cookbook.htm>
  
- [Planning Healthy Menus: A Companion Booklet to the CCFP Cookbook](#)
  - This booklet includes sample menus and nutrition resources to assist with planning healthy menus.  
  
[http://www.doh.state.fl.us/Family/ccfp/Nutrition/Children/planning\\_healthy\\_meals\\_booklet.pdf](http://www.doh.state.fl.us/Family/ccfp/Nutrition/Children/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/Nutrition/NutritionEd/nutritioned.htm#parents>

## Future Plans for Workshops, Training, and Education

Currently, 2012-2013 annual training is posted on website. There are eight modules, four of which are catered meal service training for contractors. These online modules were created to reach more CCFP contractors and to cut down on travel expenses

- Planned modules include Food Safety, Best Practices for Healthy Preschoolers (using the lesson plans), and New Caterer Instruction.
- Vitamin A and C resource chart in final stages of production. Will be sent to all participating facilities when complete.

## Nutrition Requirements for CCFP in Florida

The Bureau worked independently on developing the nutrition standards and workshops which reinforce the quality of the CCFP meals and snacks served and the nutrition education provided in a child care setting. The standards are consistent with statewide campaigns such as moving to lower fat milk and increasing fruit and vegetable intake.

The CCFP nutrition requirements 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.

Some examples of these nutrition requirements are:

- 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
- Fresh, frozen, or canned fruits and vegetables must be served at least twice per week at breakfast and snack

## 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 and the Department of Agriculture and Consumer Services). These campaigns are included in the USDA State Nutrition Action Coalition (SNAC). 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 participated in a regional meeting in Atlanta (sponsored by the US Department of Health and Human Services and the Centers for Disease Control and Prevention) on A Comprehensive Approach to Address Childhood Obesity in the Early Care and Education Setting. This meeting brought together state teams to plan and implement strategies for obesity prevention initiatives for their state. The Florida planning team currently has representatives from Head Start, Department of Children and Families, Office of Early Learning, WIC, University of Florida Extension Office, and our bureau. Conference calls and planning meetings to develop a state plan are ongoing.

## Funding

All of the Bureau's work is federally funded from USDA Food and Nutrition Service.