

## Overview

The Office of Child Nutrition within the West Virginia Department of Education has introduced enhanced nutrition standards for child care providers who participate in the Child and Adult Care Food Program (CACFP). The release of the new standards was timed to coincide with the annual statewide CACFP conference. Providers received one day of training at the conference, and they will receive additional on-site technical assistance from coordinators in the Office of Child Nutrition. Providers also received a handbook explaining the standards. A new website has been launched to offer further support. West Virginia University Cooperative Extension will evaluate the new standards and conduct additional training. The Office of Child Nutrition is also working with a grant from Team Nutrition to promote nutrition and physical activity in child care settings.



## Groups Involved

Nemours Health & Prevention Services, a Delaware-based nonprofit organization focused on child health, agreed to let the Office of Child Nutrition use its publication, "Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy," as the template for the new West Virginia child care nutrition standards handbook.

Through a grant from West Virginia University, WVU Cooperative Extension will evaluate the new standards. Cooperative Extension will also conduct four regional culinary institutes to help foodservice staff cook healthier meals and snacks for children in child care.

## Funding

Funds for this program were provided from the WV Department of Health and Human Resources, Office of Healthy Lifestyles and the Centers for Disease Control and Prevention. West Virginia Office of Child and Nutrition received Team Nutrition Training Grant in 2011 and are currently working with two grants from Team Nutrition for the year 2012-2013.

## Leap of Taste: West Virginia Child Care Nutrition Standards

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The West Virginia child care nutrition standards are based on the content of Nemours Health & Prevention Services' "Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy." The West Virginia Office of Child Nutrition reorganized the content to more closely reflect the meal components of the CACFP meal pattern. These categories are:

- • Beverages, including:
  - Breast milk and formula,
  - Milk,
  - Water,
  - Juice,
- Fruits and Veggies,
- Meats and Meat Alternates, and
- Grains and Breads.

Within each category, separate recommendations are given for infants ages birth through 11 months and each of the three age groups specified in the federal CACFP meal pattern requirements (1-2 years, 3-5 years and 6-12 years).

In addition to clearly relaying which foods are recommended, which should be limited, and which are not recommended, the guide offers portion sizes for meals and snacks, the rationale for each recommendation, and sample language for a center nutrition policy. The guide also includes tips for encouraging healthy eating and pictures of what appropriate portion sizes look like for each age group.

## Training and Technical Assistance

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- CACFP Conference
  - Initial conference was 3 days providing attendees receive training on each one of the food components and updates regarding CACFP
  - Subsequent annual training have been implemented since initial conference on different aspects of the new standards
- On-site technical assistance from coordinators in the Office of Child Nutrition is available for child care providers
- Culinary institutes have provided training on the foodservice standards and demonstrated "cooking from scratch" techniques that centers could use in there programs
  - "How-to" videos were developed and are available on WV Department of Education, Office of Child Nutrition website

## Evaluation

- Required Department of Health and Human Resources training for centers to get a Quality Rating Improvement System (QRIS) encompassing nutrition, physical activity and screen time, and licensing requirements and regulations is a current on-going process.
- West Virginia University Health Research Center has received a grant to evaluate the new standards by conducting focus groups and surveys.

## Resources

Visit “Leap of Taste” website for useful tools including recipes and menu planning at [www.wvleapoftaste.com](http://www.wvleapoftaste.com)

To view the “Leap of Taste – WV Child Care Nutrition Standards” guide to best practices for healthy eating as well as downloadable resources for parents and caregivers please visit <http://wvde.state.wv.us/nutrition/cacfp.html>

### Administrators' Guide

- Provides a practical, how-to-guide for following WV CACFP/Leap of Taste Nutrition WV Standards in a child care home or center.

### Menu Planning Guide

- This toolkit provides detailed instructions on nutrition standards that are required for all CACFP-sponsored child care centers and family day care homes in West Virginia and how to incorporate them into a daily menu.

### Leap of Taste WV Child Care Nutrition Standards: A guide to help children grow up healthy.

- The purpose of this guide is to provide information on how to help the children in child care centers grow up healthy. Topics covered include healthy food guidelines for beverages, fruits and vegetables, milk, meats and meat alternates and grains and breads, portion sizes following the CACFP meal guidelines and sample policies that can support programs.



