



**CHILD** and Adult Care Food Program

## **Child Care Wellness Grant**

### **Mainspring Schools**

Project Title: "Healthy Food, Healthy Bodies"

Farm to Child Care (FTC)

Goal: To educate children on the local food system, provide and incorporate locally grown produce into meals and snacks for children, and to educate children on the connection between food choices and health.

Activities:

1. Growing food and herbs
2. Classroom units on nutrition, growing fruits and vegetables, and farming
3. Team Nutrition's: *Grow It, Try It, Like It & Nibbles for Health* and *Two Bite Club*
4. Tasting parties for fruits & vegetables
5. Family style eating to encourage fruits & vegetables
6. Field trip to Boggy Creek Farm
7. Field trip to Pioneer Farms
8. Field trip to local farmer's market
9. Cooking in the classroom
10. Provide and incorporate locally grown produce into meals and snacks

### **Community Services of Northeast Texas Inc.**

Project Title: "Choosing Locally Available Produce" (CLAP)

Farm to Child Care (FTC)

Goal: Create a connection between community farmer, the children and families that live within the local community and providing families with healthy fruit and vegetable choices. Provide and incorporate locally grown produce into meals and snacks.

Activities:

1. Implement monthly classroom nutrition activities listed on the lesson plans that focus on locally grown fruits and vegetables
2. Create fruit and/or vegetable gardens at each participating campus and/or classroom
3. Create a partnership with local farm vendor
4. Implement nutrition activities as part of the monthly parent meetings
5. Include nutrition activities as part of the transition packets for children who are transitioning out of the Head Start program
6. Include one field trip per year per classroom to the local partnership farm
7. Share CLAP information with community partners including local school districts and state agencies
8. Share CLAP news articles and pictures with local community newspapers
9. Provide and incorporate locally grown produce into meals and snacks

**Travis County Domestic Violence and Sexual Assault Survival Center, SafePlace**

Project Title: "Eat, Play, Love"

Farm to Child Care (FTC)

Goal: To bridge the gap between local farms and the children and families served at the Family Tree, to educate and involve them in healthy eating habits and healthy, local food options. Provide and incorporate locally grown produce into meals and snacks.

Activities:

1. Provide nutrition education to children and families about healthy foods (fruits & vegetables)
2. Preparation of fruits & vegetables for children and families
3. Field trips to Green Gate Farm
4. Farm Staff invited to SafePlace to provide education about fruits and vegetables and how to purchase from the farm
5. Trainings with the local Sustainable Food Center
6. Serve fruits & vegetables purchased from the farm during educational activities
7. Provide and incorporate locally grown produce into meals and snacks

**Wesley Community Center, Inc. of Houston, Texas**

Project Title: "Happy Healthy Habits"

Farm to Child Care (FTC)

Goal: At-Risk AfterSchool Snack program will encourage elementary and middle school students to support local farmers by helping them understand the importance of making healthy and nutritious food choices and to create and tend their own community garden.

Activities:

1. Help students understand the process that food goes through to be grown on a farm, sold at the market and reach their kitchen.
2. Help students gain a greater appreciation and affection for fresh, locally grown produce by including the produce in regular meal and snack offerings
3. Help students understand the importance of making healthy, nutritious food choices.
4. Provide and incorporate locally grown produce into meals and snacks

**Brighton School, Inc**

Project Title: "Breastfeeding is Best Campaign"

Breastfeeding Supportive Child care Practices (BCS)

Goal: Provide access to a comfortable breastfeeding room for all mothers of children enrolled, provide education and information to staff and families and allow for the adoption of breastfeeding supportive practices and policies that encourage and respect breastfeeding. Provide necessary upgrades to the breastfeeding room

Activities:

1. Provide parents of enrolled children with information regarding breastfeeding and its benefits to mother and child.
2. Provide education and information to staff and families and allow for the adoption of breastfeeding supportive practices and policies that encourage and respect breastfeeding
3. Development and implementation of the 10 steps to breastfeeding
4. Training of staff to carry out breastfeeding promotions and support activities for breastfeeding
5. Written policies reviewed by Parent Advisory Committee
6. Breastfeeding promotion and literature to be included in enrollment packets for all new families
7. Purchase books and materials that normalize breastfeeding

**El Paso Human Services, Inc. (EPHSI)**

Project Title: "Breastfeeding Support for DCC's"

Breastfeeding Supportive Child care Practices (BCS)

Goal: Create a culturally appropriate breastfeeding environment by designating staff responsible for development and implementation of program, training day care staff to carry out the breastfeeding support activities of informing families about breastfeeding support policies and providing a comfortable place for mothers to breastfeed or pump their milk in privacy.

Activities:

1. Each Day Care Center will complete the Self-Appraisal Questionnaire prior to program participation. New Centers may be added as they come under EPHSI sponsorship only after completion of the questionnaire in order to assess training needs.
2. A part-time experienced Breastfeeding Support Coordinator will be hired and trained by EPHSI within the first 10 days of the project to administer the program.
3. A breastfeeding for day care center policy template will be developed with the first 30 days of the project.
4. Existing informational/promotional materials will be ordered and development of new informational materials will be completed within the first 30 days of the project.
5. A projected quarterly day care center training schedule, for the BSDCC group orientation and training, for each training cohort (by city geographic areas) will be established with the first 30 days of the project.
6. Orientation and training will begin with the first group of trainees (5 day care centers) during the first 2 weeks of each quarter of the project and will be repeated each quarter with a new training consortium of day care centers each subsequent quarter until all day care centers have been trained.
7. The next 10 weeks of each quarter will be utilized to provide technical assistance and follow up on-site, to set up the breastfeeding activities by individual day care. At the end of the project year, all day care

centers (20) will have been provided with group orientation training and on-site follow up and technical assistance to implement all steps of the Breastfeeding Support for DCC project.

8. Ongoing evaluations of the project, by individual center designated persons responsible for the program, will be conducted for adjusting and modifying the project to best meet client needs.

**Cen-Tex (CT) Family Services, Inc.**

Project Title: "Breastfeeding Support Program"

Breastfeeding Supportive Child care Practices (BCS)

Goal: To expand upon and strengthen the breastfeeding support program by adding additional space for breastfeeding mothers, enhancing breastfeeding areas , and increasing the breastfeeding supplies and educational materials to families, and pregnant women in high risk urban and rural areas in which CT serves. Place a strong emphasis on parent education, staff training, and breastfeeding friendly environments in centers.

Activities:

1. Establish agency breastfeeding policies and procedures
2. Agency staff trained on breastfeeding policies and procedures
3. CT Breastfeeding Outreach program developed
4. Modify breastfeeding areas at selected centers