



NEBRASKA TEAM NUTRITION QUARTERLY NEWSLETTER

WHOLE GRAINS
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What are Grains?

Grains are an important part of a healthy diet for adults and children alike. Examples of grains foods include: breakfast cereals, pasta, bread, tortillas and rice. There are two types of grains: refined and whole. Whole grains contain the bran, germ and endosperm, and are rich in dietary fiber, B vitamins, antioxidants and vitamin E. Refined grains, however, have had the bran and germ removed, taking with them many nutrients including fiber and several vitamins, leaving just the endosperm.

Whole Grains

A diet emphasizing whole grains over refined ones may reduce the risk of several chronic conditions including heart disease, type 2 diabetes and some cancers. Most children do not get enough whole grains or the fiber and many vitamins they contain. The *Dietary Guidelines for Americans* recommend making at least half of your grains whole; a few simple changes can make getting whole grains a whole lot easier.

- Swap white flour tortillas for whole wheat tortillas in tacos, burritos and quesadillas
- Switch to whole grain pasta, brown rice and whole grain bread
- Serve whole grain breakfast cereals

Tips

Food manufacturers and their savvy marketing make it difficult to determine which food truly are whole grains. The best way to know: take a quick look at the ingredient list; a whole grain food's first ingredient will contain the word "whole". All others, regardless of color, fiber content or packaging, just aren't.

Beware of hidden offenders when it comes to whole grain foods. Cereal and cereal/breakfast bars that are made with whole grains can pack a punch of sugar. Look for varieties that contain less than 8 grams of sugar per serving. Adjusting to new foods can be challenging so try serving whole grain foods with other options that you know children enjoy. For example, top whole grain cereal with fruit or layer with yogurt to make a parfait. Keep in mind that it may take several tries to realize you like a new food so don't give up if the first bite isn't a success.



NEBRASKA STEP UP TO QUALITY: AN EARLY CHILDHOOD QUALITY RATING IMPROVEMENT SYSTEM

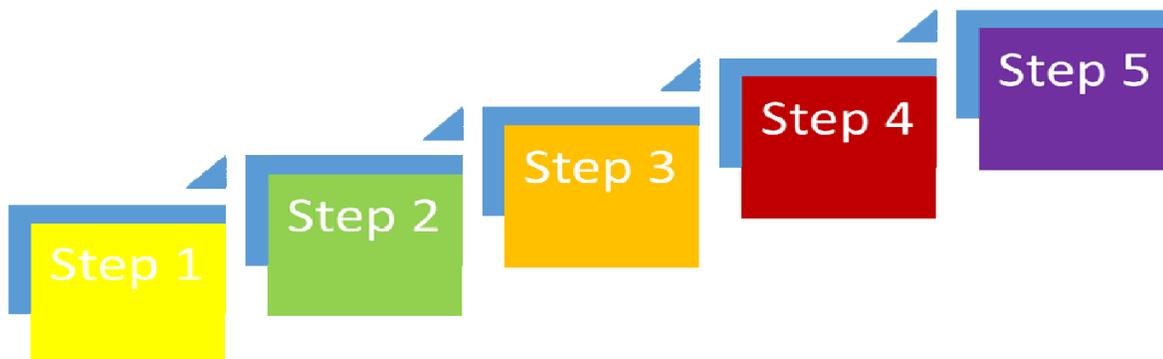
Nebraska Step Up to Quality Child Care Act is a provision of Nebraska Legislative Bill 507, passed in June 2013; it is developed and implemented in collaboration with the Nebraska Department of Education and the Nebraska Department of Health and Human Services. Nebraska Child Care Centers receiving a certain amount of money annually in child care subsidy will be required to participate but other programs can voluntarily participate as well. Step Up to Quality will begin enrollment on July 1, 2014 but the ratings will not go public until 2017, as these quality improvements will be seen as a process over time. Step Up to Quality is meant to be a supportive, not punitive, tool that can help providers as they make conscious efforts to improve their practices and overall program.

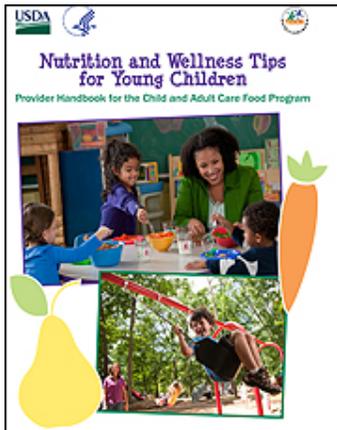
The goals for Step Up to Quality are to improve early care and education quality and increase positive child outcomes by:

- Informing parents in understandable and measureable terms about program quality;
- Promoting accountability for all public funding in early care and education;
- Improving director and teacher effectiveness through training, education, and coaching;
- Strengthening standards, assessment processes, and use of data to inform program quality and to support continuous improvement.

Step Up to Quality contains a possibility of 5 steps. The Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) piece fortunately is a part of Nebraska Step Up to Quality. In Step 2, it will be required of those enrolled in Step Up to Quality to complete a NAP SACC Orientation Training, as well as the NAP SACC Pre Self-Assessment. In Steps 3 through 5, programs will be able to self-select which points to focus on in each standard area. In the areas of Program Curriculum, Learning Environments, and Interactions, programs will have the option of earning points for attending a NAP SACC Training (6 hour minimum), submitting an Action Planning document, completing the NAP SACC Post Self-Assessment, and incorporating an approved nutrition and physical activity curriculum. The involvement of NAP SACC in Nebraska Step Up to Quality is a wonderful opportunity to further the training opportunities, resources, and work in the area of nutrition and physical activity in early childhood. Stay tuned for more details as July draws closer.

For further questions, contact NE Step Up To Quality by calling 1-844-807-5012, e-mailing nde.stepuptoquality@nebraska.gov, or visiting their website at <http://www.education.ne.gov/StepUpToQuality>.





NUTRITION & WELLNESS TIPS FOR YOUNG CHILDREN PROVIDER HANDBOOK

We hope you've had a chance to check out this new great handbook; it contains a series of tip sheets to help child care providers meet current wellness recommendations for children ages 2 through 5 years old. By using the tip sheets when planning meals and activities for children, providers can incorporate key recommendations and best practices into their menus and daily schedules.

One of the many helpful sections in the handbook is titled "Build a Healthy Plate with Whole Grains." This section will help you to learn more about identifying what is a whole grain, tips for encouraging children to eat more whole grains, and activities for putting whole grain information into practice.

The handbook is currently available electronically on the Team Nutrition Website's Resource Library at TeamNutrition.usda.gov. Schools and child care facilities that participate in the Federal Child Nutrition Programs can order a free print copy of the handbook at <http://tn.ntis.gov/>

TEAM NUTRITION GARDENING CURRICULUMS & ACTIVITIES

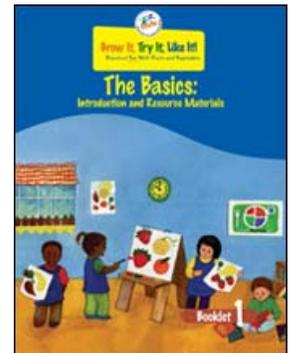
Summer time is right around the corner and that luckily means gardening is as well! Maybe some of you have even gotten your gardens planted already! Team Nutrition has a lot of great nutrition education tools, curriculums, and activities when it comes to teaching children more about gardening and encouraging them to eat fruits and vegetables.

Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables is a garden-themed nutrition education kit for child care center staff that introduces children to fruits and vegetables.

The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum for Grades 3 and 4 provides a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home.

Dig In! Standards-Based Curriculum From the Ground Up explores a world of possibilities in the garden using ten inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables.

All of the above resources are currently available electronically for download on the Team Nutrition Website's Resource Library at TeamNutrition.usda.gov. Schools and child care facilities that participate in the Federal Child Nutrition Programs can order a free print copy of the Garden Detective and Dig In! curriculums at <http://tn.ntis.gov/>





GROWING NAP SACC TRAINING EFFORTS IN NEBRASKA

The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is a practice-based intervention designed to enhance policies, practices, and environments in child care by improving the: *Nutritional quality of food served, amount and quality of physical activity, staff-child interactions and facilities' nutrition and physical activity policies, practices and overall wellness.*

NAP SACC is free to child care centers and home providers and it aims to help provide childcare providers with resources to implement healthier environments and policy change, ongoing guidance to create and maintain strategies for healthy behaviors, tips and hints for meeting the new anticipated USDA meal pattern requirements, and nutrition and physical activity education learning opportunities for childcare providers.

Recently, the Nebraska Department of Education and Nebraska Department of Health and Human Services have partnered to train more NAP SACC Trainers in efforts to increase the availability of NAP SACC trainings throughout the state of Nebraska. In February of this year, approximately 20 professionals, primarily from UNL Extension and Child and Adult Care Food Program (CACFP) Sponsor Organizations, were trained to become NAP SACC Trainers. This partnership has allowed us to greatly increase the work done in the areas of nutrition and physical activity in the early childhood setting.

To find a NAP SACC trainer in your area, please visit http://www.education.ne.gov/NS/cacfp/NAPSACC_trainers.html

UPCOMING NAP SACC TRAININGS

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