



NEBRASKA TEAM NUTRITION QUARTERLY NEWSLETTER

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WHAT IS TEAM NUTRITION?

Team Nutrition is an initiative of the U.S. Department of Agriculture (USDA) Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Every two years Nebraska (NE) Team Nutrition develops new goals based on the needs of the state Child Nutrition Programs. The goals of NE Team Nutrition is to build capacity for the creation and maintenance of healthy school environments focusing on healthy eating and physical activity in Nebraska schools and childcare centers. To accomplish this broad aim, the NE Team Nutrition focuses on expanding and enhancing training programs for NE schools participating in the National School Lunch Program, the Coordinated School Health (CSH) Program, and for childcare centers participating in the Child and Adult Care Food Program.

NE Team Nutrition provides a three-pronged approach to building healthy school environments focusing on nutrition and physical activity. The first approach works with foodservice professionals to maximize the use of USDA Foods (Commodities) and provide them with fundamental models like the HealthierUS School Challenges, the 2010 Dietary Guidelines for Americans and the USDA New School Meal Pattern to reduce sodium intake, increase whole grains, fruits and vegetables, encourage low fat and fat free foods and increase physical activity. The second approach works with school personnel to strengthen environments and policies through the implementation of school wellness policies within a coordinated school health approach. And the third approach strengthens the environments and policies of childcare centers to support and educate them on childhood obesity prevention efforts in child care centers enrolled in the USDA Child and Adult Care Food Program through the implementation of the Nutrition and Physical Activity Self-Assessment For Child Care (NAP SACC) program.

By launching these fundamental elements to encourage lifelong healthy eating and physical activity behaviors, NE Team Nutrition will enable the state to continue to provide efficient and effective collaboration to promote healthy behaviors and healthy environments in both schools and childcare centers.

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WHAT IS NAP SACC?

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
- ◆ Facilities' nutrition and physical activity policies, practices and overall wellness

NAP SACC provides 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.

Nebraska Team Nutrition Grant plans to work intensively with child care centers to support and provide education on childhood obesity prevention efforts in child care facilities enrolled in the Child and Adult Care Food Program (CACFP). In order to implement NAP SACC, trainings and technical assistance will be provided to child care facilities and trainers across Nebraska.

If your child care center is interested in implementing NAP SACC, please contact Zainab Rida, NE Team Nutrition Coordinator, at Zainab.rida@nebraska.gov See page 4 for Upcoming NAP SACC Training Opportunities.



NAP SACC SUCCESS STORY THE CHILDREN'S PLACE IN LINCOLN, NE

The Children's Place, in Lincoln, NE recently completed the NAP SACC program this spring. After completion of NAP SACC, Chris Bruner, the Director, provided success stories that they have experienced as result of embracing this program.

- "The NAP SACC trainers sparked a "healthy interest for life in my staff."
- "We tried a new recipe that had black beans in it and the kids didn't mind them at all. We have cut back on juice for snack and try to have it only once or twice a week, and have substituted more fresh fruit. We have used half brown rice and half white rice when making any of our rice casseroles."
- "My Pre-kindergarten and school age teachers are implementing a healthy eating and exercise unit for the summer. They are excited because they want me to buy all foreign fruits and veggies that most of the kids and even some teachers have never tried!"
- "I know that we have a lot of work ahead of us and that we can not change all at once, but we will set obtainable goals for us to achieve for the summer and then new ones for the fall. My cook is looking for new recipes for snacks that are not so sweet and new more nutritious menu ideas for lunch!"

**The Children's Place
April 2013**



To learn more about The Children's Place visit their website at www.childrensplacechildcare.com

GARDENING CURRICULUMS & ACTIVITIES

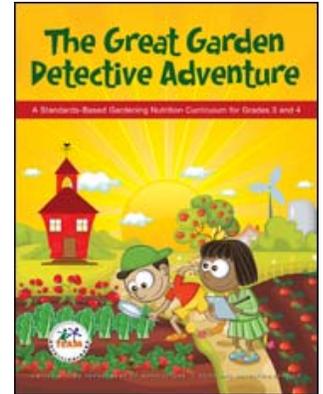
Just in time for summer gardening! Team Nutrition has a lot of great nutrition education tools, curriculums, and activities when it comes to teaching children more about gardening and encouraging them to eat fruits and vegetables.

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.

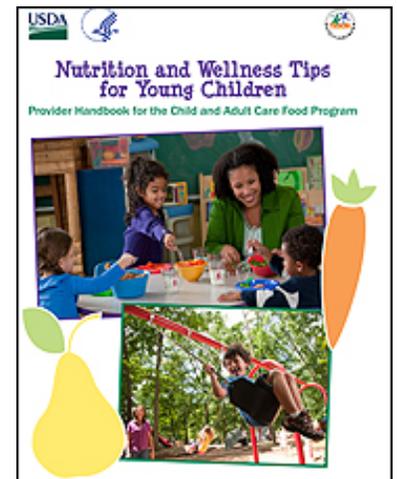
All of the above resources are currently available electronically on the Team Nutrition Website's Resource Library at TeamNutrition.usda.gov. Team Nutrition is in the process of making print copies available.



NUTRITION & WELLNESS TIPS FOR YOUNG CHILDREN PROVIDER HANDBOOK

If you haven't heard of this new handbook, you should definitely take some time to check it out. The handbook 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. Some of the topics covered in the handbook include the following: promoting active play, handling food allergies, and building a healthy plate with fruit, vegetables, whole grains, etc.

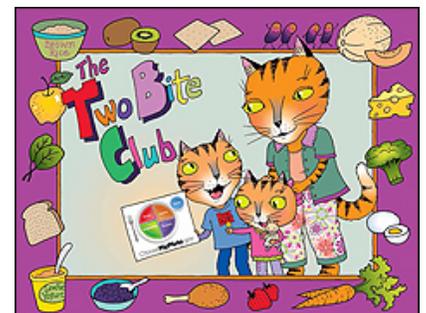
The handbook is currently available electronically on the Team Nutrition Website's Resource Library at TeamNutrition.usda.gov. Free print copies are expected to be ready by mid-summer this year.



THE TWO-BITE CLUB BOOK

This educational storybook was developed to introduce MyPlate to young children. Parents or caregivers read the book to children and encourage them to try foods from each food group by eating just two bites, just like the characters in the story. The back of the book contains a MyPlate coloring page, a blank certificate for The Two Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters.

The book is currently available electronically on the Team Nutrition Website's Resource Library at TeamNutrition.usda.gov.



MEET OUR NEBRASKA NAP SACC COORDINATOR, EMILY HULSE



The Hulse Family

Emily earned her Bachelors and Masters Degree in Nutrition and Health Sciences from the University of Nebraska-Lincoln. She chose this field of study because she knew it would be very rewarding helping others adapt healthier habits that will lead to a better quality of life for them.

Emily currently works as the Nebraska NAP SACC Coordinator for the Nebraska Department of Education/Nutrition Services. She also works with a non-profit organization called Teach a Kid to Fish, which aims to prevent and reduce childhood obesity. Prior to her current work, she worked for the Nutrition Education Program at UNL Extension as well as in the corporate wellness field.

Emily and her husband, Brad, have two daughters, Mya (4) and Madison (2); as a parent, she is fully aware of the challenges parents face when it comes to helping their families eat healthy and have adequate physical activity opportunities.

A few fun facts about her are that she has one sister (Jennifer) and four brothers (Matt, Mark, Luke, & Jon), she grew up in a town of 500 people, her favorite vegetable would be a close tie between red peppers and sweet potatoes, and she loves any group exercise class.

Emily's e-mail address is emilyhulse1@gmail.com. Please contact her with any questions.

UPCOMING NAP SACC TRAININGS



NE Team Nutrition has established partnerships with various organizations throughout the state in an effort to increase the work done in the area of nutrition. Three of these particular organizations, Teach a Kid to Fish, Live Well Omaha Kids, and Four Corners Health Department, are offering upcoming NAP SACC Trainings. See below for more details.



For those child care centers located in the city of Lincoln, Teach a Kid to Fish will be holding NAP SACC trainings starting this September. If you are interested in participating in this fall session, please contact Emily Hulse at 402-570-4113 or emilyhulse1@gmail.com.

If your child care center is located in Douglas, Cass, Sarpy, or Pottawattamie counties contact Kelly Bouxsein with Live Well Omaha Kids, to find out more about their upcoming NAP SACC workshops starting this August. Kelly can be reached at 410-925-3665 or Kelly.bouxsein@alegent.org.

Four Corners health Department serves child care centers in Butler, Polk, Seward, or York counties. To find out about NAP SACC workshops in these areas contact Chris Blanke at 402-362-2621 or chrisb@fourcorners.ne.gov.

