

Module One: Delaware CACFP/Delacare Rules Training Introduction

Total Time: 15 minutes

Goal: Familiarize providers with the training, the *First Years in the First State* Toolkit and the reasons for its creation.

Objectives:

- Know the names of the trainers.
- Understand the purpose of the toolkit and training.

Handouts

- None

Additional Materials

- *First Years* Toolkit – Administrators’ Guide
- *First Years* Toolkit – Menu Planning Guide

I. Discussion (15 minutes)

Delaware CACFP and Delacare Rules Training (slide 1, title slide)

SAY:

- My name is [insert name] and I work for [insert organization].
- I want to welcome you all to today’s training on the Delaware CACFP/Delacare Rules for nutrition and physical activity.
- Our goal today is to provide you with information and resources to help implement healthy eating and physical activity in your daily routine, and to create an environment which lends itself to healthier children.

Trainers (slide 2)

SAY:

- As I stated before my name is [insert name] and I work for [insert organization].
- Today, I also have a/some fellow trainer(s) who you will hear from throughout the day.
- [Introduce fellow trainers.]

Housekeeping (slide 3)

SAY:

- Before we get started, I want to review some housekeeping items.
- The restrooms are located [give directions as to where they are].
- Please silence your cell phones. Ringing can be distracting to the presenters as well as to your fellow attendees.
- [Discuss additional housekeeping items, if applicable (e.g., location of coat rack, mention of refreshments, etc.).]

Acronyms and Definitions (slide 4)

SAY:

- Throughout the day, you will be hearing some acronyms that you may or may not be familiar with. In order to ensure that we all have the same understanding of what they stand for, let’s take a few minutes to go over what each one means.

[READ acronyms and definitions.]

Acronyms and definitions (slide 5)

[READ slide.]

SAY:

- These acronyms and definitions are also contained in the *First Years – Administrators' Guide* on pages 6 through 9 for reference.

Background (slide 6)

SAY:

- Childhood overweight and obesity continue to be major health issues in Delaware. According to the 2008 Delaware Survey of Children's Health, the prevalence of obesity in children increased from 40% to 46% across Delaware's three counties and the City of Wilmington.
- Nationwide, approximately 21% of children ages 2 through 5 are overweight or obese. That's about 1 in 5 children who are already at a health disadvantage before they're even in school.

Among Preschoolers in 2008 (slide 7)

[READ first two bullets.]

SAY:

- Sugar sweetened beverages include sodas, sports drinks, juice drinks and cocktails.

[READ third bullet.]

SAY:

- This includes foods and beverages such as sodas, cakes, cookies, breakfast pastries, potato chips, etc.
- These food and beverage choices are high in fat and sugar and are replacing healthier options that provide the best nutrition for children's growth and development.

(Slide 8)

[READ third bullet.]

SAY:

- If children learn proper health habits during early childhood (birth through 5), they are more likely to maintain these habits throughout middle and late childhood.
- Child care providers and families are a child's first teachers. This creates opportunities for providers and families to partner in developing children's healthy habits. That's why child care providers like you have a powerful role in shaping children's health!

(Slide 9)

SAY:

- As a result of the obesity epidemic in Delaware and the idea that child care is an ideal environment for development of healthy habits, Delaware created stricter rules for child care nutrition and physical activity. These rules were created for both CACFP and non-CACFP participants.
- They are known as the Delaware CACFP/*Delacare* Rules.

- These Rules go above the federal CACFP guidelines and are among the most comprehensive in the nation. Because of this, Delaware has become a model state for providing children with optimal nutrition and physical activity while in child care.
- Your hard work to implement these Rules has created healthier environments and habits, and has had a major impact on helping children grow up healthy!
- Child care providers are truly valued partners of the Delaware Department of Education and the Office of Child Care Licensing. The work that you do changes the lives of children and families everyday, and we are proud to work with you to make Delaware’s children healthier.

Delaware CACFP/Delacare Rules (slide 10)

[READ third bullet.]

Creation of the Toolkit (slide 11)

SAY:

- As part of a collaboration between the Department of Education and Nemours Health & Prevention Services, a toolkit was created to assist child care providers in the implementation of these nutrition and physical activity Rules.
- The toolkit, *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care* was developed based on suggestions from:

[READ organizations from slide.]

Toolkit Content (slide 12)

SAY:

- The toolkit is made up of three pieces: the Administrators’ Guide, the Menu Planning Guide and the Shopping Cheat Sheet, which we will learn about a little later.

[Give a few examples of what is contained in each of the guides.]

Training Format (slide 13)

[Review the agenda. Remind them of training duration and review what topics will be covered.]

SAY:

- Please feel free to ask questions at any time during sessions. We are here to make sure that you feel comfortable with the Delaware CACFP/Delacare Rules – if anything seems confusing or unclear, please don’t hesitate to ask! We welcome your participation and the open exchange of experiences and ideas that will help you to make positive changes at your child care home or center.

