

sponsoring organizations implementation snapshots



overview

The State of Alaska has eight sponsoring organizations that administer the Child and Adult Care Food Program (CACFP) for smaller family day care homes that are licensed or approved to provide day care services in their homes. These sponsors work indirectly with children that participate in the various food programs, but provide training and resources to the day care home provider.

Of the eight sponsoring organizations, seven participated in the WIACC grant — Association for the Education of Young Children Southeast, Alaska Family Child Care Association, Community Connections, Eielson Air Force Base, Fairbanks Daycare Food Program, Joint Base Elmendorf-Richardson, and South Peninsula Haven House Inc. Because these sponsors serve providers of family day care homes across the state the information reaches a large population of children. Many of the sponsors adopted the “train the trainer” approach in order to implement their wellness grants, and the providers received resources and training they then used in their small day care homes.



South Peninsula Haven House

South Peninsula Haven House hosted four provider trainings in order to educate their providers on Active Play! activities, the More Than Mud Pies nutrition education based curriculum, and Happy Mealtime for Healthy Kids. Active Play! manuals and family-style dining equipment were distributed during these training periods by South Peninsula Haven House's local administrator.



Provider Training-building hula hoops

Outreach

South Peninsula Haven House is fairly isolated and does not have immediate access to stores, making the grant implementation process a little trickier. In order to give their providers the necessary materials to promote physical activity in their homes they had to be creative. Their local administrator created her own version of *Active Play!* in a bag. These bags were distributed on each of her home visits and in-home trainings. Each bag included colored painter's tape for balance beam simulation to play games like Alligator Pit. Nylons, balloons, string, craft paper, scissors, and paper plates were also included for such games as: swat the fly, easy kicking, easy punching, and various other activities. These small items were perfect for distributing to each provider. Because many of the items are household items, South Peninsula was able to gather several of the needed supplies through donations.



South Peninsula Haven House-Provider Training

Physical Activity

South Peninsula Haven House, for lack of purchasing options, was one of our most creative awardees: the local administrator conducted an entire provider training dedicated to creating their very own homemade hula hoop. South Peninsula purchased all of the necessary supplies and handed them out at this training. They used 1/2 inch pex tubing (like a hose, but used in residential water lines) that they cut into six-foot pieces and attached the two open ends with metal couplings to create a circle. They used fabric strips and wrapped the strips around the outside of the hula hoop. This is a very simple process, and can be done with supplies available at most local hardware stores.

Association for Education of Young Children (AEYC) Southeast

The Association for Education of Young Children Southeast (AEYC) used their grant funds to purchase supplies that were used to implement activities from Dr. Craft's Active Play! manual, as well as family-style dining to support a more educational and friendly eating environment for their providers children.



Nutrition Education

Since AEYC is a sponsoring organization they do not work directly with the population of children they serve. In order to teach children about nutrition education they had to first teach their family daycare home providers about good nutrition. AEYC hosted a healthy snack workshop at their annual conference in Juneau, which drew participants from all over Southeast Alaska. The snack workshop focused on different ways to present healthy foods to children with snacks that they can make themselves. Snack ideas included mini campfires made from pretzels, grapes and cheese, hummus and carrot flower pots, and honey mustard veggie dipping sauce.



Physical Activity

AEYC hosted two community events at an indoor field house in Juneau. Approximately 75 providers, parents, children and community members participated in these events. Participants were able to explore all of the activity equipment that AEYC purchased with the WIACC grant funds, including playground balls, hopping balls, hula hoops, and materials used to catch, throw, and hit. These materials directly relate to Dr. Craft's Active Play! book, and encouraged fun and effective active play that can be done inside or outside with both large and small groups. This physical activity workshop was not only a provider training, but an opportunity to teach the community about the importance of healthy, active lifestyles for children. After the community events were completed, providers were able to take the newly purchased equipment to their homes, so they could further to implement the WIACC best practices.



Fairbanks Daycare FOOD Program

The Fairbanks Day Care Food Program (FDCFP) had a wonderful year implementing the Wellness in Alaska Child Care grant. FDCFP developed a series of four workshops starting in November 2011 and continuing through June 2012.



Nutrition Education

FDCFP presented a variety of nutritious “party foods” for the daycare providers to serve to their children during the Christmas season. In addition, the FDCFP demonstrated and encouraged family-style dining. While some of the providers were apprehensive about the process, all showed a willingness to slowly work family-style dining into their meal times. The FDCFP mantra was, “start with snack and the rest of the meals will follow.” They encouraged and demonstrated physical activities that could be done in the home by providing resources and hands-on activities at all of their workshops.

The most well-received component of the WIACC grant for FDCFP was the Farm to Child Care grant. Sixty-five percent of providers attended their open house, which was used to distribute materials to create container gardens. The open house also gave providers the opportunity to have a master gardener from the Fairbanks Water Conservation Society teach them about how to garden with kids. FDCFP administrators have seen the progress of their providers’ gardens during home visits, and the children loved the gardening experience. They drew several pictures of their gardens, and were even able to sample some of the tasty harvest. A FDCFP administrator said, “During our home visits the children couldn’t stop talking about their plants!”



Eielson

Air Force Base

Eielson Air Force Base conducted a series of provider trainings focused on nutrition education and physical activity. The WIACC grant helped their children reach a goal of self-sufficiency by improving their self-esteem, social skills, gross motor skills and literacy skills.



Cutting strawberries



Nature walk

Physical Activity

For staff and children of Eielson Air Force Base, the *Active Play!* manual was a gift that just kept giving. Eielson enjoyed the *Active Play!* activities so much that they decided to host a “Get Your Mooovve On-Skillathon” as a way to feature these activities with providers, children, and families of Eielson. They filled their gym with various activity stations, and parents were able to walk around and experience each activity first-hand with their kids. The event was a big hit with families of the Eielson community.

Nutrition Education

One nutrition education activity that was well received by Eielson’s children was called “Portion Plate.” Eielson staff created an example of what a plate should look like, with correct portion sizes, and then the kids were able to take magnetic foods and mats to create their own healthy meals. Kids freely talked about which fruits and vegetables were their favorites, which ones they liked the least, and why they were all healthy.



Parent night

Community Connections

Community Connections chose to focus most of their attention on family-style dining, and allocated most of their grant funds to family-style dining equipment for each of their providers. They also did a two-part series of provider trainings.



Family-Style Dining

Community Connections was able to purchase family-style dining equipment for all of their providers using WIACC funds. Having the right equipment made it easier for providers to implement family-style dining. Newly purchased child-size cups with handles allowed providers to get most of their 2- and 3-year-old children off of sippy cups. Child-size serving utensils also seemed to help. They inspired providers to allow the children to begin serving themselves at meal times. One provider reported, “They love using their new utensils to dish-up their food, and you can tell how proud the children are when they are able to serve themselves with grown-up utensils.” Through the WIACC grant Community Connections was able to purchase for each child his or her own child-size serving utensils, plates, cups and bowls, which helped prevent arguments amongst the children.

Nutrition Education

Several Community Connection providers have used the *More Than Mud Pies* in order to implement nutrition education in their child care programs. One provider had a Dr. Seuss day; the children dressed up as their favorite Dr. Seuss characters, and green eggs and ham were served family-style! This same provider designates two helpers a day that get to play chef. These helpers get to wear the special chef hat and apron, and assist with setting the table prior to each meal time. According to the provider, the children take this job very seriously, and they’re always eager to help.

Provider Training

Community Connections conducted two provider trainings that focused on healthy eating and physical activity. The first training was “Let’s Grow Let’s Move,” and it focused on physical activity and was conducted with the help of AEYC Southeast. The second provider training was a nutritious snack best practices training that was conducted with the help of a WIC representative. This workshop focused on foods that give children adequate amounts of energy for the day.

The Alaska Family Child Care Food Program

The Alaska Family Child Care Food Program is Alaska's largest sponsoring organization. Alaska Family conducted two different trainings five times each in order to reach all of their providers and hand-out all of the resources they purchased.

Active Play! Training

The first set of trainings that Alaska Family conducted was focused on *Active Play!*. This was a two-hour training that discussed the importance of physical activity and how certain games from Dr. Craft's *Active Play!* manual can enhance different types of fundamental movement skills. One of the five trainings was conducted in Spanish in order to meet all of their individual providers' needs. Several games from *Active play!* such as Clean up the Floor, Swat the Fly, Alligator Pit, and Easy Striking/Kicking were demonstrated for the providers. At the end of each training providers were able to take home resources that would help them implement physical activity and movement in their child care programs. Such resources include: balls, frisbees, pantyhose, balloons, pipe insulation, an *Active Play!* manual, and one of Dr. Hap Palmer's CDs *Learning Basic Skills Through Music*. Each of these items helped the providers' implement the games with the children in their care.

Healthy Meal Times Training

The second set of trainings was focused on *Healthy Mealtimes for Healthy Kids*. This was also a two-hour training that stressed the importance of family-style dining and healthy meals. Five trainings on this topic were conducted, one of which was conducted in Spanish. The trainer showed a video of family-style dining being done incorrectly, and attendees had to point out which aspects of the meal time were being implemented incorrectly. They then showed a video of family-style dining being implemented correctly.

Each provider received a set of eight magnets that discussed the importance of family-style meals. These magnets were distributed to all children in their care so that they could take them home and share them with their parents. Providers also received eight MyPlate placemats, a set of child-size serving utensils, bowls, plates and pouring pitchers. These materials allowed them to better implement family-style dining in their homes.

