

Welcome to *Preschools* **SHINE**

A Project Funded by
the California Department
of Education



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Preschools SHINE

- Statewide, voluntary recognition program focused on promoting health and well-being of preschoolers
- Developed by the California Department of Education
- Targets child care centers and family child care homes
- A site must meet established criteria within 10 different elements to be a Preschools SHINE site
- Elements focused on optimal health, nutrition, and physical activity practices
- Consistent with the Preschools Learning Foundations



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Elements and Criteria Handout

California Department of Education, Nutrition Services Division
Preschools SHINE Elements and Criteria

Elements	Criteria
1. CACFP Participation	Participate in the Child and Adult Care Food Program (CACFP) and comply with federal and state requirements.
2. Meal Quality	<p>Follow the CACFP Meal Patterns and implement the following practices:</p> <p>Healthy Beverages</p> <ul style="list-style-type: none"> Offer low fat (1%) or fat-free milk. Offer no more than one serving of 100% juice each day. Ensure water is available to children every day. <p>Fruits and Vegetables</p> <ul style="list-style-type: none"> Send back to kitchen fruits and vegetable scraps. Offer a variety of fruits and vegetables, such as dark green vegetables, red/pink/orange fruits and vegetables, beans and peas (legumes), and starchy and "other" vegetables. <p>Whole Grains</p> <ul style="list-style-type: none"> Ensure that at least half of the grains served are whole grains. Serve whole grains, enriched, or fortified breakfast cereals with no more than 3 grams of sugar per serving. <p>Protein Foods</p> <ul style="list-style-type: none"> Serve lean meats, poultry, fish, beans and peas, nuts, eggs, low-fat yogurt, and cheese. Serve cooked dry beans and peas weekly. Limit serving processed meats to four times a month or less. <p>Other</p> <ul style="list-style-type: none"> Do not deep-fry foods on site or serve to children. Limit serving fried food items to two times a month or less.
3. Mealtime Environment	<ul style="list-style-type: none"> Follow food safety principles and serve meals that are safe for children to eat. Serve meals and snacks family style. Staff members sit with children, model healthy eating, and eat the same meal that the children eat. Children have adequate time to eat a meal or snack. Staff members practice "My Plate's" (Division of Responsibility in Feeding) principles.

Elements and Criteria 3 of 2

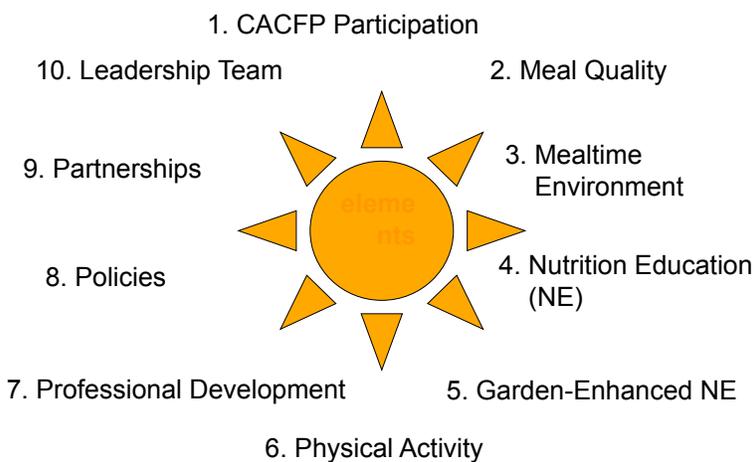
Elements	Criteria
4. Nutrition Education	<ul style="list-style-type: none"> Provide healthy nutrition experiences for children regularly (two to four times a month). Display, in the site environment, images of healthy foods on posters, in story-books, and on other materials.
5. Garden-Enhanced Nutrition Education (Optional)	<ul style="list-style-type: none"> Provide exciting garden experiences for children. Include an edible indoor or outdoor garden.
6. Physical Activity	<ul style="list-style-type: none"> Provide opportunities for structured physical activity for all meals every day. Provide opportunities for structured physical activity for all recess every day. Incorporate physical activity into school readiness activities. Ensure children are not sedentary for more than 30 minutes at a time. Limit screen viewing time to only 30 minutes per week.
7. Professional Development	<ul style="list-style-type: none"> Staff members complete the "Self-assessment Review" (Track and Monitor and Active Physical Plan: Mealtime Environment: Health, Health, Health: Children: Nutrition Guidelines: Whole Grains and Vegetable Subgroups in the CACFP) and Food Safety. Staff members attend two Preschools-Graded Events* ("Nutrition and Physical Activity" and "Meal Quality").
8. Wellness Policies	<ul style="list-style-type: none"> Adopt written wellness policies related to meal quality, mealtime environment, nutrition/garden education, physical activity, and professional development.
9. Partnerships	<ul style="list-style-type: none"> Establish partnerships with families and/or the community to support a healthy eating and physical activity environment at the site.
10. Leadership Team	<ul style="list-style-type: none"> The leadership team consists of a director, teacher, parent, and food service personnel (demonstrator, cook, or planner). The team shall also have one staff member of the sponsor organization (teacher and the provider).

*Refer to the Fact Sheet on Element 7 for details on course requirements for staff members.



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Elements



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Element 1: CACFP Participation



- Participate in the CACFP
- Comply with federal and state requirements



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Element 2: Meal Quality – Healthy Beverages



- Offer low-fat (1%) or nonfat milk
- Ensure water is accessible all day
- Limit juice

**Element 2:
Meal Quality –
Fruits & Vegetables**



- Serve fresh or frozen fruits and vegetables daily
- Offer a variety



**Element 2:
Meal Quality –
Whole Grains**



- Ensure half are whole grain
- Serve breakfast cereals with no more than 6 gm. sugar



Element 2: Meal Quality – Protein Foods



- Serve lean choices
- Limit serving processed meats to four times a month or less
- Offer beans and peas weekly



Element 2: Meal Quality – *Oils/* *Other*



- Do not deep-fry foods on site
- Limit serving pre-fried foods to two times a month or less



Element 3: Mealtime Environment



- Serve meals and snacks family style
- Participate in mealtimes
- Allow adequate time
- Practice Ellyn Satter's Division of Responsibility principles



Element 4: Nutrition Education



- Provide healthy nutrition experiences for children regularly
- Display healthy images



Element 5: Garden-Enhanced NE (Optional)



- Provide enriching garden experiences for children
- Include an edible indoor or outdoor garden



Element 6: Physical Activity



- Provide unstructured and structured physical activity
- Integrate physical activity into school readiness activities
- Limit sedentary time
- Limit screen time to 30 minutes/week



Element 7: Professional Development



- **Complete Six Online Courses**
 - Food Safety
 - Mealtime Environment
 - Nutrition Fundamentals
 - Preschool Nutrition and Active Physical Play
 - Whole Grains and Vegetable Subgroups
 - Healthy Meals, Healthy Children
- **Attend Two Forums**
 - Nutrition and Physical Activity
 - Meal Quality



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Nutrition and Physical Activity Forum



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Meal Quality Forum



Element 8: Wellness Policies



● Adopt written wellness policies:

- Meal Quality
- Mealtime Environment
- Nutrition/Garden Education
- Physical Activity
- Professional Development



Element 9: Partnerships



- Establish partnerships with families and/or community to support a healthy eating and physical activity environment



Element 10: Leadership Team



- **Centers:**
 - Director
 - Teacher
 - Cook
- **Family childcare home:**
 - Provider
 - Sponsoring organization



Preschools SHINE Resources



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Elements and Criteria Handout

California Department of Education, Nutrition Services Division
Preschools SHINE Elements and Criteria

Elements	Criteria
1. CACFP Participation	<ul style="list-style-type: none"> Participate in the Child and Adult Care Food Program (CACFP) and comply with federal and state requirements.
2. Meal Quality	<p>Healthy Beverage</p> <ul style="list-style-type: none"> Offer no more than one serving of 100% juice each day. Provide water is available to children every day. <p>Fruits and Vegetables</p> <ul style="list-style-type: none"> Serve fresh or frozen fruits and vegetables daily. Offer a variety of fruits and vegetables, such as dark green vegetables, red/pink/orange fruits and vegetables, beans and peas (legumes), and starchy and "other" vegetables. <p>Whole Grains</p> <ul style="list-style-type: none"> Ensure that at least half of the grains served are whole grains. <p>Protein Foods</p> <ul style="list-style-type: none"> Serve whole grains, enriched, or fortified breakfast cereals with no more than 10 grams of sugar per serving. Serve lean meats, poultry, fish, beans and peas, nuts, eggs, low-fat yogurt, and cheese. Serve cooked dry beans and peas weekly. Limit serving processed meats to four times a month or less. Oil/Oil/Dress <ul style="list-style-type: none"> Do not deep fry foods on site to serve to children. Limit serving fried food items to two times a month or less. <p>3. Mealtime Environment</p> <ul style="list-style-type: none"> Serve meals and snacks deep-dish. Staff members sit with children, model healthy eating, and eat the same meal that the children eat. Children have adequate time to eat a meal or snack. Staff members practice their leaders' "Choices of Responsibility in Eating" principles.

Elements and Criteria 2 of 2

Elements	Criteria
4. Nutrition Education	<ul style="list-style-type: none"> Provide healthy nutrition experiences for children regularly (two to four times a month). Display, in the site environment, images of healthy foods on posters, in story-books, and on other materials.
5. Garden-Enhanced Nutrition Education (Optional)	<ul style="list-style-type: none"> Provide on-site garden experiences for children. Include an edible garden or vegetable garden.
6. Physical Activity	<ul style="list-style-type: none"> Provide opportunities for unstructured physical activity for 60 minutes every day. Provide opportunities for structured physical activity for 60 minutes every day. Integrate physical activity into school routine activities. Ensure children are not sedentary for more than 60 minutes at a time. Limit screen viewing time to only 30 minutes per week.
7. Professional Development	<ul style="list-style-type: none"> Staff members complete the "Self-Online Course": "Practical Nutrition and Active Physical Plan: Mealtime Environments: Healthy Meats, Healthy Children: Nutrition Guidelines: Whole Grains and Vegetable Subgroups in the CACFP" and "Food Safety". Staff members attend two Preschools SHINE Events ("Nutrition and Physical Activity" and "Meal Quality").
8. Wellness Policies	<ul style="list-style-type: none"> Adopt written wellness policies related to meal quality, mealtime environment, nutrition/garden education, physical activity, and professional development.
9. Partnerships	<ul style="list-style-type: none"> Establish partnerships with families and/or the community to support a healthy eating and physical activity environment at the site.
10. Leadership Team	<ul style="list-style-type: none"> The leadership team consists of a director, teacher, parent, and food service professional (nutritionist, dietitian, nurse practitioner). The family meal can team will consist of the sponsor organization leader and the provider.

Refer to the Fact Sheet on Element 7 for details on course requirements for staff members.

13.002



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Fact Sheets for Each Element

California Department of Education, Nutrition Services Division
Preschools SHINE Fact Sheet

Element 3: Mealtime Environment

- Serve meals and snacks family style.
- Staff members sit with children, model healthy eating, and eat the same meal that the children eat.
- Children have adequate time to eat a meal or snack.
- Staff members practice Ellyn Satter's "Division of Responsibility in Feeding" principles.

Preschools must adhere to guidelines in child care settings. Family style mealtime allows children and adults to enjoy a meal or snack together. At the table, children are familiar and favorite foods are served with eating one fruit, vegetable, and protein, and encourage conversation. Build social skills, and learn how to regulate food intake. With adults seated at the table, mealtime becomes an important teaching opportunity. Follow the practices below to meet the criteria for Element 3.

Create a Healthy Mealtime Environment

- Provide adequate space and clean, pleasant surroundings.
- Provide adequate eating and serving utensils that are easily handled by young children.
- Place all the CACFP meal components on the table, where children serve themselves from common dishes of food.
- Cut food into bite size pieces, when appropriate, to make food manageable for children to eat.
- Support young children's emerging eating skills and provide assistance when necessary.
- Ensure that children who need help are seated near an adult.
- The table should be healthy eating.
- Provide encouragement and make positive comments about the meals and snacks served.
- Avoid the expression of negative remarks on food language.
- Teach social skills and practice good table manners.
- Handle children's challenging behaviors with patience and sensitivity.
- Talk about nutrition and the food that everyone is enjoying together.

To learn how to make mealtime successful at the program, visit the website *Modeling Family Style Dining* (http://www.healthfulchild.org/future.org/home/resources/lesson_3c.html).



Element 3: Mealtime Environment 1 of 2

Establish Mealtime Policies

Does the site have mealtime policies? Mealtime policies will make mealtime and family child care providers aware of mealtime expectations. For sample mealtime policies and ideas to develop your own policies, refer to the fact sheet on Element 3, *Mealtime Policies*.

Allow Sufficient Time to Eat Meals and Snacks

Provide adequate time to eat meals and snacks. Mealtime should not feel hurried. Good judgment is needed. Generally, 20-30 minutes is enough time for children to enjoy a meal, however, adjust time according to the needs of the children.

Follow Ellyn Satter's Division of Responsibility in Feeding

Ellyn Satter's "Division of Responsibility in Feeding" principles (http://www.healthfulchild.org/future.org/home/resources/lesson_3c.html) describe division of responsibility between children and adults.

- Adults have the responsibility of providing healthy and safe food served at regularly scheduled times.
- Children have the responsibility of deciding whether, when, and how much to eat.

Help Children Determine Hunger and Fullness

- Encourage appropriate portion sizes for small children's stomachs.
- Allow children to serve themselves with small portions, and ask children if they are hungry before offering a second helping.
- Help children recognize their internal hunger and fullness cues so they are able to self-regulate their food intake and respond when they are full. For example, ask children if their tummy is still hungry?
- Adults should model fullness (for example, stop eating when they are fully seen when food remains on the plate).

Avoid Behaviors that Interfere with a Healthy Mealtime Environment

- Children should not be required to eat everything on their plate or be praised when they finish their food or clean their plate. This can lead to overeating and disordered eating.
- Children should not be disciplined or scolded during mealtime.
- Adults should not use food as a reward or punishment.
- Children or professionals for food business children should not be compensated.
- A child's body size or shape should not be discussed.
- Screen time viewing during meals and snacks should not be allowed.

13-004



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Self Assessment

California Department of Education, Nutrition Services Division
Self-Assessment



Preschools SHINE sites must comply high quality standards and practices to support children's health, well-being, and readiness to learn. Conduct the self-assessment to evaluate the nutrition and physical activity environment and determine its condition. The assessment results will identify strengths and areas for improvement. It will also help guide the development of a plan of action.

ELEMENT 1: CACFP PARTICIPATION

A. CACFP Participation

Indicator	Yes	No
A1.1 Is the site a participant in the CACFP?	<input type="radio"/>	<input type="radio"/>
A1.2 Does the site operate as a full-day program?	<input type="radio"/>	<input type="radio"/>
A1.3 Does the site operate as a half-day program?	<input type="radio"/>	<input type="radio"/>
A1.4 Does the site serve breakfast?	<input type="radio"/>	<input type="radio"/>
A1.5 Does the site serve lunch?	<input type="radio"/>	<input type="radio"/>
A1.6 Does the site serve dinner?	<input type="radio"/>	<input type="radio"/>
A1.7 Does the site serve a morning snack?	<input type="radio"/>	<input type="radio"/>
A1.8 Does the site serve an afternoon snack?	<input type="radio"/>	<input type="radio"/>
A1.9 Which meals/snacks are cooked/prepared on site? <input type="radio"/> B <input type="radio"/> L <input type="radio"/> D <input type="radio"/> S		
A1.10 Which meals/snacks are prepared by a vendor or a food distributor? <input type="radio"/> B <input type="radio"/> L <input type="radio"/> D <input type="radio"/> S		

Key: B=Breakfast L=Lunch D=Dinner S=Snack

ELEMENT 2: MEAL QUALITY

A. Meal Plan

Indicator	1	2	3	4	5
A2.1 The center/home follows the CACFP Meal Pattern.	<input type="radio"/>				
A2.2 The center/home uses recipes that follow the current USDA Dietary Guidelines for Americans, such as using fat, sugar, and salt in moderation and have CACFP labeling information.	<input type="radio"/>				

B. Beverages

B2.1 The center/home offers low-fat (1%) or fat-free milk to children ages two years and older.	<input type="radio"/>				
B2.2 The center/home offers no more than one serving of 100% juice per day.	<input type="radio"/>				
B2.3 The center/home makes water available to children throughout the day.	<input type="radio"/>				
B2.4 The center/home does not serve sweetened beverages or sugar drinks such as punch, soda, sweet teas, or Kool-Aid™.	<input type="radio"/>				

California Preschools SHINE Self-Assessment 1 of 15



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Healthy & Active Preschoolers

- Four Online Courses
 - Nutrition Fundamentals
 - Food Safety
 - Preschool Nutrition and Active Physical Play
 - Mealtime Environment
- Free Professional Growth Hours



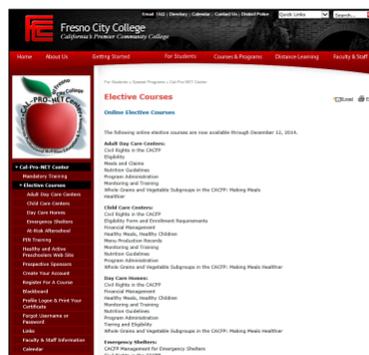
<http://www.healthypreschoolers.com/>



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Cal-Pro-NET Center

- Statewide Resource for CACFP Participants
- Online Courses
 - Mandatory Training
 - Elective Training
 - Whole Grains and Vegetable Subgroups
 - Healthy Meals, Healthy Children
- Free Professional Growth Hours



<http://www.fresnocitycollege.edu/index.aspx?page=2202>



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Preschools **SHINE** Coaching Model



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SHINE and SCOE Partnership

In 2012-2013, the Sacramento County Office of Education implemented a pilot program to provide:

- On-site technical assistance and coaching
- Professional Development
- Resources



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Eligibility Requirements

- Licensed early learning center or family child care home
- Participation in the Child and Adult Care Food Program (CACFP)
- $\geq 50\%$ free- and reduced-eligible
- Serving preschool age children



Recruitment

- Recruitment Process
- Coordination with local programs:
 - Race to the Top – Early Learning Challenge sites
 - Current and former Preschool Bridging Model sites
 - California Preschool Instructional Network





Assessment

The Preschools SHINE Self-Assessment is an assessment tool used to collaboratively strengthen the nutrition and physical activity environments within child care and development programs.



What Will We Assess?

Meal Quality	Mealtime Environment	Nutrition Education
Garden Enhanced Nutrition Education	Physical Activity	Professional Development
Policies	Partnerships	Leadership Team



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Action Plan

- Identify program strengths and eliminate program weaknesses based on assessment results
- Collaborate with staff on classroom and food service priorities
- Prioritize the areas of focus for the program year
- Develop an Action Plan



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Coaching Support

Intensive on-site coaching and technical assistance to support implementation of the Preschools SHINE elements.



Policy Development

The Project Specialist and Registered Dietitian will assist programs to develop nutrition and physical activity policies to promote the health and well-being of preschoolers.



Mealtime Environment



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Nutrition Curriculum



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Gardening



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Physical Activity



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Preschools **SHINE** Application Process



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Application – Option 1

- Review Elements and Criteria document
- Complete required training (Element 7)
- Submit application to NSD (*online soon!*)



Part 1: Site Information Form



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Application – Option 2

- Review Elements and Criteria document
- Contact coach
- Letter of Commitment
- Complete training
- Work with coach
Complete application



Benefits for SHINE sites

- Recognition
- Contributes to children's positive health outcomes
- Awarded a Certificate of Recognition
- Assurance to families





Current Coaching Regions

Region	County Office of Education	Counties	Over Weight/ Obesity	Coaching
1	Humboldt	Del Norte, Humboldt, Lake, Mendocino, Sonoma	34%	
3	Sacramento	Alpine, Colusa, El Dorado, Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, Yuba	30%	
7	Merced	Fresno, Kings, Madera, Merced, Tulare, Mariposa	35%	



SNAP-Ed Funding

- SNAP-Ed: Nutrition Education and Obesity Prevention Grant Program
- Developed obesity prevention toolkit for states
- Preschools SHINE included as one of the emerging evidenced-based intervention
- Approved for SNAP-Ed funds

<http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf>



Questions?



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- Sacramento County Office of Education, Project Specialist
- Preschools SHINE Coach



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