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## Promoting Staff Wellness

Darrough Chapel Head Start in Kokomo is not only offering health and wellness programs to children, but also to their staff. Once a month, they have a staff wide training day. February's training included a visit from Marci and Courtney from season 11 of the *Biggest Loser*. They also had a trainer from a local fitness club volunteer to attend the training. For this special day, they focused on eating healthier and exercising.

Not only did Marci and Courtney share some of their stories and inspiration, but they got the group up and moving. They did jumping jacks, running in place, lifting water bottles and jugs over their heads, and squats.

Thomasa Butler said the best part for her was that they gave the staff an "I can do this" attitude.

But the wellness initiatives do not stop with the training days. Darrough Chapel also has physical activity programs for their staff. These include a *Biggest Loser* Challenge and a Walking Challenge.

While the *Biggest Loser* Challenge lasts for 10 weeks, starting shortly after staff return from winter break, the

Walking Challenge is ongoing. Aside from promoting a healthy lifestyle to the adults, these programs also help staff serve as better role models for the children.

You may not have television stars to promote healthier eating and physical activity at your facility, but there are many ways to promote staff wellness. Some ideas include...

- Having a volunteer guest speaker at your next staff meeting to talk about health/wellness
- Handout information or tips on healthy eating or getting active
- Start a physical activity club, such as a walking club
- Encourage staff to take physical activity breaks with the children during the day

For more ideas on promoting staff wellness, check out this Wellness Program factsheet from Families USA: <http://familiesusa2.org/assets/pdfs/Wellness-Programs-Profiles.pdf>

To share your facility's success story, contact Heather Stinson at [hstinson@doe.in.gov](mailto:hstinson@doe.in.gov)

*"If you want to build a ship, don't drum up the people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea"*

*-- Antoine de Saint-Exupery*

## Physical Activity in Child Care Settings

A recent report from the U. S. Department of Health and Human Services about physical activity guidelines points out strategies to increase physical activity in the child care setting.

### Why provide physical activity?

- Millions of American children spend much of their day in structured childcare centers.
- Studies have shown that substantial percentages of children ages 3 to 5 are less physically active than recommended by public health authorities.

### What works?

- Providing portable play equipment on playgrounds and other play spaces.
- Providing staff with training in the delivery of structured physical activity sessions for children and increase the time allocated for such sessions.
- Integrating physically active teaching and learning activities into pre-academic instructional routines.
- Increasing time that children spend outside.

Source: [www.health.gov/paguidelines](http://www.health.gov/paguidelines)

## Help with Whole Grains

Do you struggle with selecting whole grains? A quick way for selecting whole grains is to purchase items with a 100% whole grain stamp. The Whole Grains Council developed two stamps, the Basic Stamp and the 100% Stamp to provide an easy and "eye-catching design" for consumers. If the grain product has a basic stamp, it may contain some refined grains. Make sure the stamp says 100% to ensure the food item is 100% whole grain.

For more information about selecting whole grains, visit the Whole Grains Council website at

<http://wholegrainscouncil.org/>



## Please Welcome Our New Sponsors

Sponsor Name	City	CACFP Contact
• Monroe County Comm. Schools	Bloomington	Hattie Johnson
• YMCA of Grant County	Marion	Megan Dillingham
• Riverview Adult Day Center	Elkhart	Wendy White
• Portage Child Care Center, LLC	Portage	Chris Liechty
• Kids Care Academy	New Albany	Paula Montavalo



## Events Calendar

Note: All in-person workshops will be provided in conference rooms at the Indiana Government Center South (IGCS). Attendees must enter at the 302 West Washington Street door. You will need a photo ID for admittance to the building.

⊕	Tuesday, April 16, 2013	New Sponsor WebEx	Online	9:30am-11:30am
⊕	Thursday, May 16, 2013	Refresher Workshop	Government Center	9am-4pm
⊕	Tuesday, June 11, 2013	New Sponsor Workshop	Government Center	9am-1pm

New Sponsor Training also available on-line at:

<http://www.doe.in.gov/student-services/nutrition/cacfp-online-new-sponsor-training>

## Did You Know...

Civil Rights requirements are located at <http://www.doe.in.gov/student-services/nutrition/cacfp-civil-rights-requirements> on the Department of Education web page. All publications and handouts mentioning USDA Child Nutrition Programs must contain the full (long) nondiscrimination statement. Material that is one page or less (front and back-sided is considered one page) and is too small to include the full non-discrimination statement may use the abbreviated (short) statement. Both statements have recently been updated. Please make sure your materials are using the current nondiscrimination statements.

## FARM TO PRESCHOOL LESSON: APPLE TASTING



### Goal:

Children use their sense to explore sweet potatoes and gain confidence in trying new vegetables. Students learn to identify a new vegetable. Students associate vegetables and fruits with a dynamic activity and positive experience.

### Materials:

*Apple Farmer Annie* by Monica Wellington  
3 varieties of local apples  
Paper plates  
Paper apple trees labeled with the names of the apple varieties  
Paper Apples

### Preparation:

Cut out and create the paper trees and paper apples.

### Activities:

Show different varieties: Review how apples grow (on a tree!). Show students the different ways apple trees appear in different seasons. Tell students there are many (7,500!) different types of apples. Show the students two or three different varieties of apples. Tell them about the farmer who grew the apples. Ask them to compare the apples. Prompt students to look closely. Ask the students to describe what they see. Can students guess how many seeds are inside? Cut one apple vertically and one horizontally and show students the different views. What shape do they see inside the apple?

Taste test: Give each student a small chunk of each variety of apple to taste. Can they tell the difference between the varieties? Is one sweeter, crunchier, or more sour than the other? Guide students in identifying their favorite. Record their preferences by putting a paper apple on the tree representing the apple variety they like most (see photo above).

### Read a Book:

Read *Apple Farmer Annie* by Monica Wellington.

Source: [www.growing-minds.org](http://www.growing-minds.org)

## Glazed Carrots

Take something old and make it new...such as giving your carrots a new flavor!

### Ingredients

- 12 medium carrots
- 1/2 Tbsp butter
- 1/2 Tbsp canola oil
- 2 Tbsp orange juice
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/8 tsp cayenne pepper (optional)

### Directions

Slice carrots to create coin-like pieces. Heat butter and canola oil in a skillet. Add carrots and sauté for 5 minutes. Add the rest of the ingredients. Cook until carrots are tender and liquid is absorbed, about 15 minutes.

Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)



Indiana Department of Education  
SUPPORTING STUDENT SUCCESS

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-Mrs. Glenda Ritz, State Superintendent of Public Instruction.