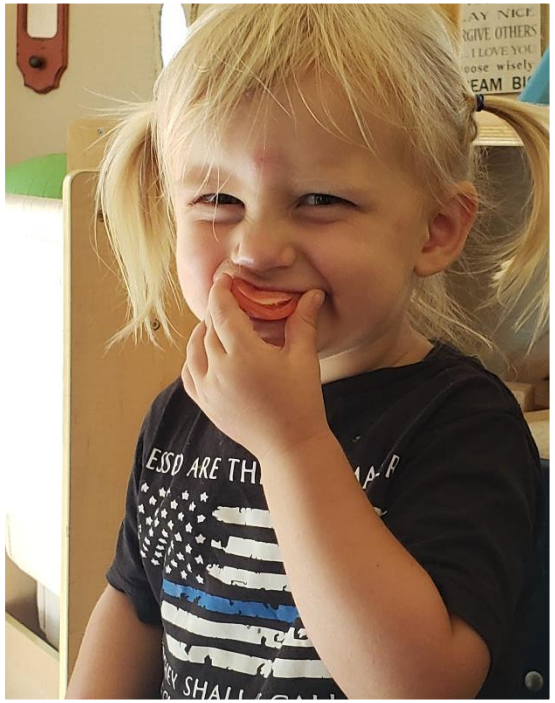


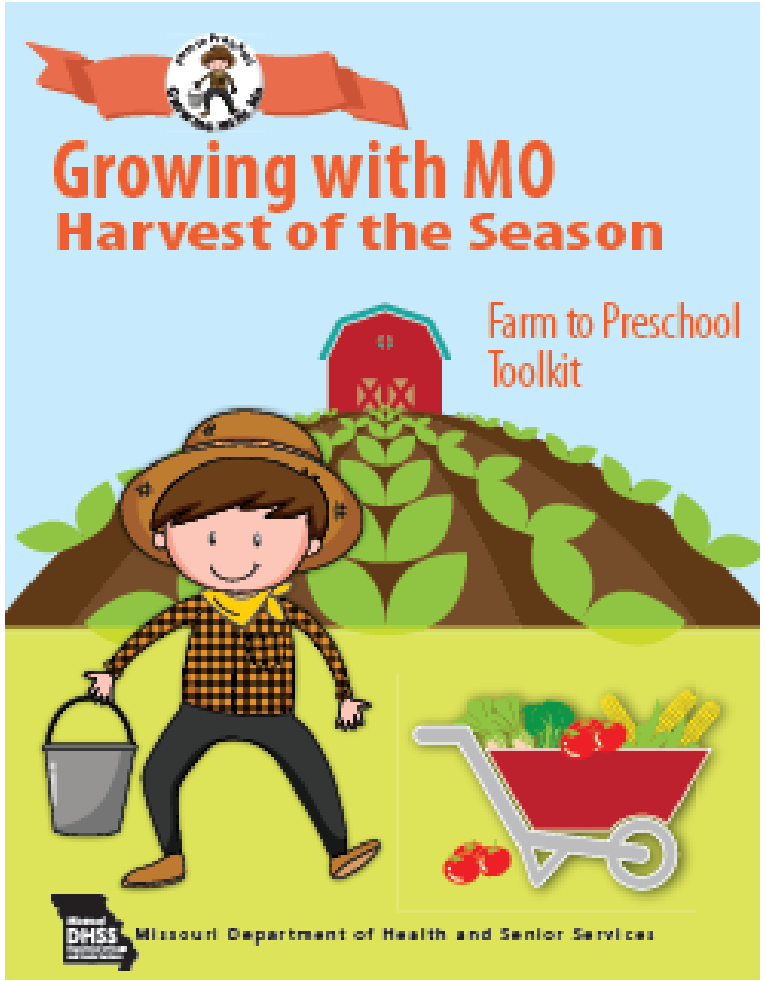
Missouri ECE Learning Collaboratives

Lisa Farmer, Project Coordinator

April 30. 2020

Planting the Seeds & Watching Them Grow

- 2015 TNTG – Scattering Seeds
  - Statewide
  - 76 Sub-grants
- 2017 TNTG – Planting a Garden
  - Specific regions of the state
  - Learning
  - Four cohorts
    - 10-12 Sub-grants each



Growing with MO-Harvest of the Season

Farmer MO

- Seasonal approach
- Focus on 14 Missouri grown fruits & vegetables
- Program recognition with Farmer MO & Chef Ginger
- Resources
- Culinary training
- Curriculum training

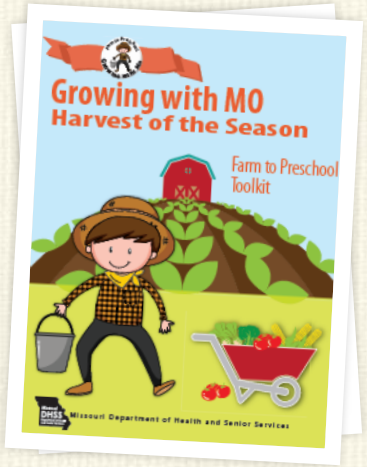
Chef Ginger

https://health.mo.gov/living/wellness/nutrition/farmtopreschool/

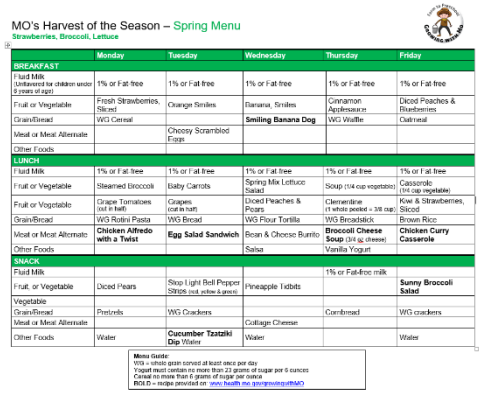
Growing with MO Five Strategies

1. Classroom learning experiences
2. Field trips
3. Fresh fruits & vegetables in meals
4. Gardening
5. Family engagement

Growing with MO Publications



Seasonal Calendar



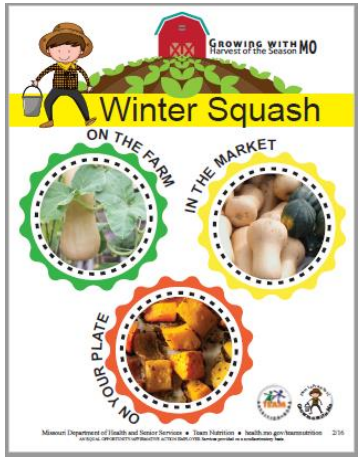
MO's Harvest of the Season – Spring Menu

Strawberries, Broccoli, Lettuce

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Fluid Milk (Unflavored for children under 9 years of age)	1% or Fat free	1% or Fat free	1% or Fat free	1% or Fat free	1% or Fat free
Fruit or Vegetable	Fresh Strawberries, Sliced	Orange Smiles	Banana, Smiles	Cinnamon Applesauce	Diced Peaches & Blueberries
Grain/Bread	WG Cereal		**Smiling Banana Dog**	WG Waffle	Oatmeal
Meat or Meat Alternate		Cheesy Scrambled Eggs			
Other Foods					
LUNCH					
Fluid Milk	1% or Fat free	1% or Fat free	1% or Fat free	1% or Fat free	1% or Fat free
Fruit or Vegetable	Steamed Broccoli	Baby Carrots	Spring Mix Lettuce Salad	Soup (1/4 cup vegetable)	Casserole (1/4 cup vegetable)
Fruit or Vegetable	Grape Tomatoes (cut in half)	Grapes (cut in half)	Diced Peaches & Pears	Clementine (1 whole peeled = 3/8 cup)	Kiwi & Strawberries, Sliced
Grain/Bread	WG Rotini Pasta	WG Bread	WG Flour Tortilla	WG Breadstick	Brown Rice
Meat or Meat Alternate	**Chicken Alfredo with a Twist**	**Egg Salad Sandwich**	Bean & Cheese Burrito	**Broccoli Cheese Soup** (3/4 oz cheese)	**Chicken Curry Casserole**
Other Foods			Salsa	Vanilla Yogurt	
SNACK					
Fluid Milk				1% or Fat-free milk	
Fruit, or Vegetable	Diced Pears	Slice Light Bell Pepper Strips (cut, either A grade)	Pineapple Tidbits		**Sunny Broccoli Salad**
Vegetable					
Grain/Bread	Pretzels	WG Crackers		Cornbread	WG crackers
Meat or Meat Alternate			Cottage Cheese		
Other Foods	Water	**Cucumber Tzatziki Dip** Water	Water		Water

Menu Guide:
Milk = whole grain served at least once per day
Yogurt must contain no more than 23 grams of sugar per 6 ounces
Cereal no more than 6 grams of sugar per ounce
BOLD = recipe provided on www.health.mo.gov/growingwithMO

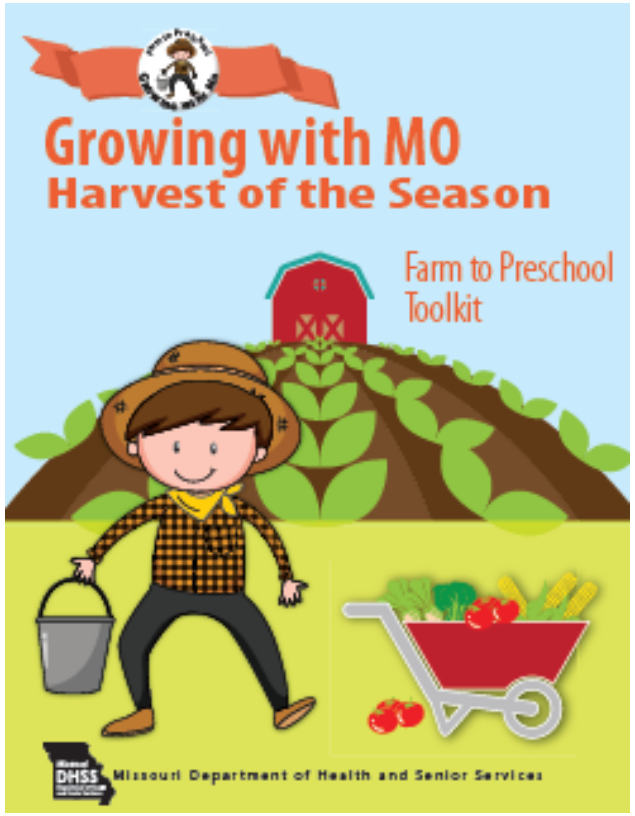
Seasonal Menus

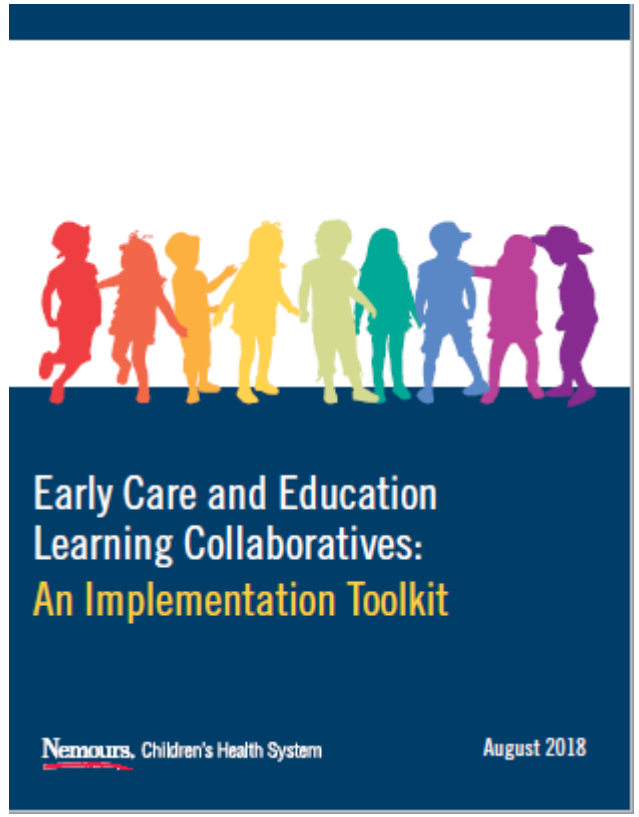


Mini Posters

Family Newsletters

Growing with MO Learning Collaborative





- Growing with MO – Harvest of the Season
- Nemours Early Care and Education Learning Collaboratives

Components of an ECE Learning Collaborative

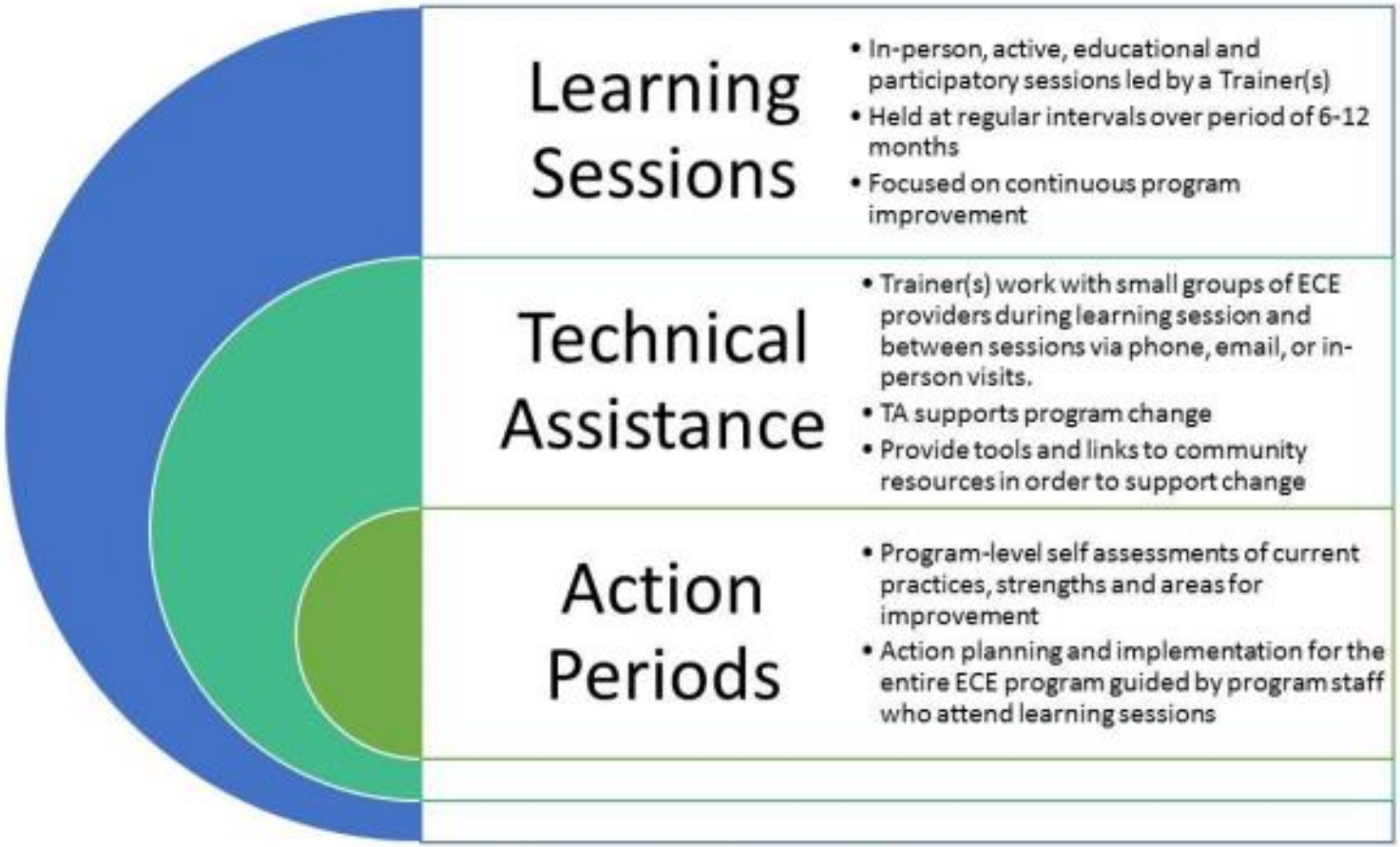
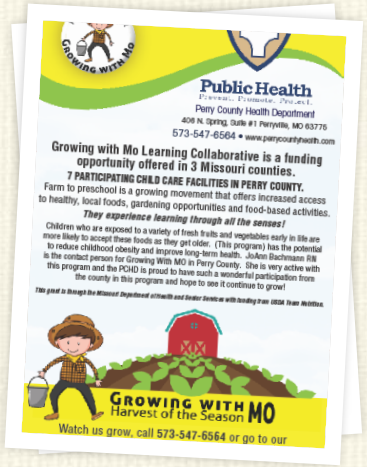


Figure 1. Components of an ECE Learning Collaborative

Local Lead – Local Public Health Agency (LPHA)



Local Newspaper Advertisement

GWMLC Cohort One

Cape Girardeau & Perry Counties

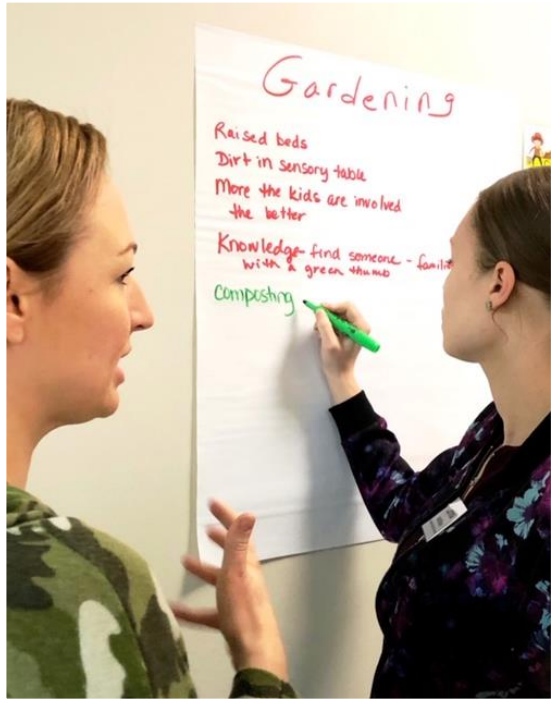
Community of learners

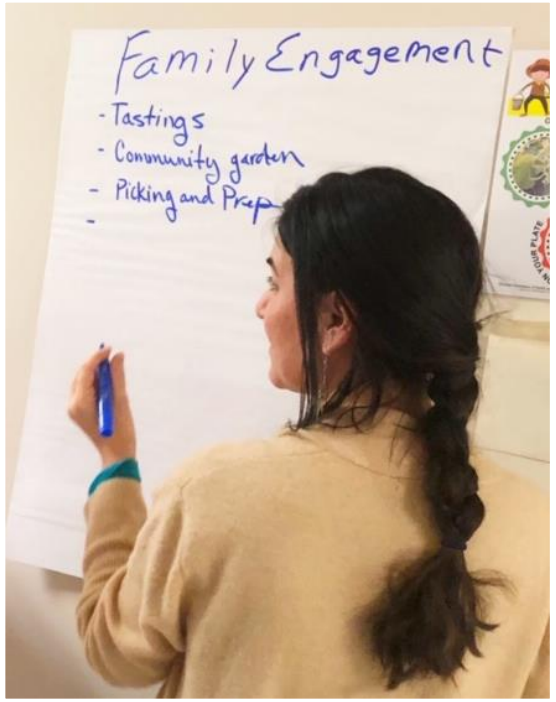
Network of support

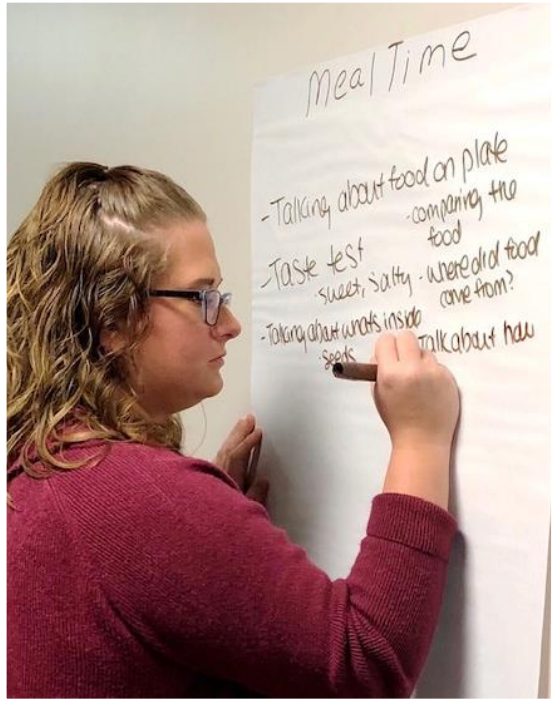
Access to resources

Learning Session Planning

Learning Session Task	DHSS responsible	CCHC responsible
Provide learning session overview & guidance	X	
Schedule four learning sessions	X	X
Identify community specific schedule conflicts (cohort 1 example)		X
Identify appropriate local venues		X
Identify community speakers (ie: farmers, Extension, FFA)		X
Follow-up resources and assistance	X	X

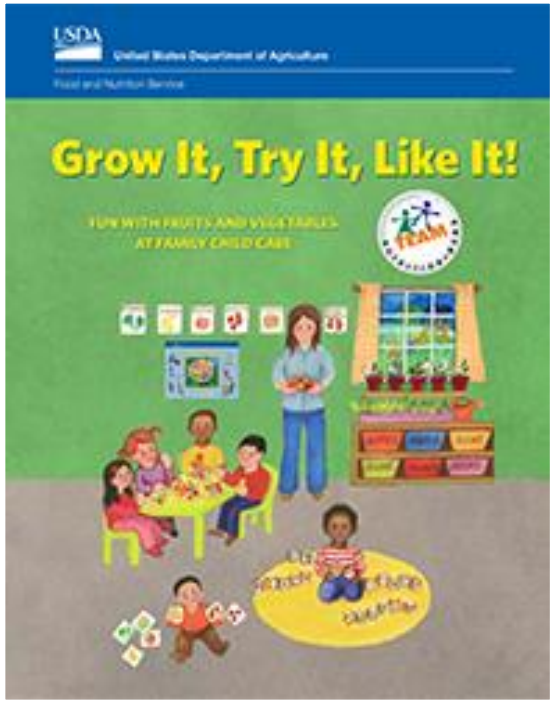






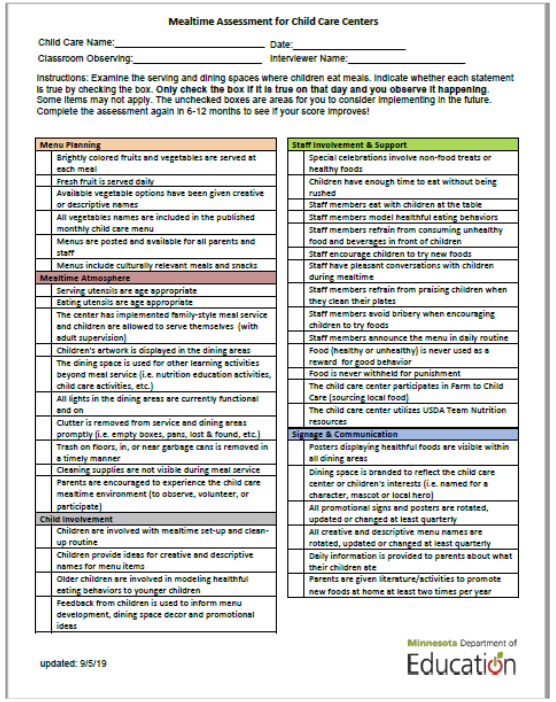
Learning Session One – 3 hours

Growing with MO Learning Collaborative Orientation



Learning Session Two – 2 hours

Integrating Farm to ECE in the Classroom



Mealtime Assessment for Child Care Centers

Child Care Name:_____ Date:_____

Classroom Observing:_____ Interviewer Name:_____

Instructions: Examine the serving and dining spaces where children eat meals. Indicate whether each statement is true by checking the box. **Only check the box if it is true on that day and you observe it happening.** Some items may not apply. The unchecked boxes are areas for you to consider implementing in the future. Complete the assessment again in 6-12 months to see if your score improves!

	Menu Planning
	Brightly colored fruits and vegetables are served at each meal
	Fresh fruit is served daily
	Available vegetable options have been given creative or descriptive names
	All vegetables names are included in the published monthly child care menu
	Menus are posted and available for all parents and staff
	Menus include culturally relevant meals and snacks
	Mealtime Atmosphere
	Serving utensils are age appropriate
	Eating utensils are age appropriate
	The center has implemented family-style meal service and children are allowed to serve themselves (with adult supervision)
	Children's artwork is displayed in the dining areas
	The dining space is used for other learning activities beyond meal service (i.e. nutrition education activities, child care activities, etc.)
	All lights in the dining areas are currently functional and on
	Clutter is removed from service and dining areas promptly (i.e. empty boxes, pans, lost & found, etc.)
	Trash on floors, in, or near garbage cans is removed in a timely manner
	Cleaning supplies are not visible during meal service
	Parents are encouraged to experience the child care mealtime environment (to observe, volunteer, or participate)
	Child Involvement
	Children are involved with mealtime set-up and clean-up routine
	Children provide ideas for creative and descriptive names for menu items
	Older children are involved in modeling healthful eating behaviors to younger children
	Feedback from children is used to inform menu development, dining space decor and promotional ideas

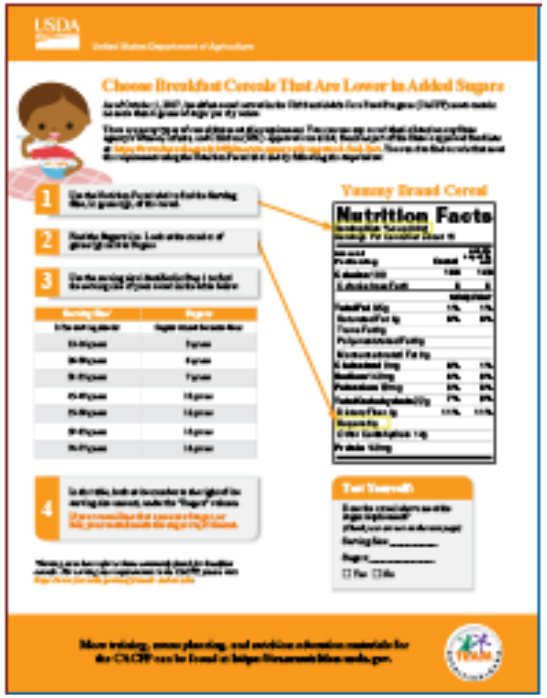
	Staff Involvement & Support
	Special celebrations involve non-food treats or healthy foods
	Children have enough time to eat without being rushed
	Staff members eat with children at the table
	Staff members model healthful eating behaviors
	Staff members refrain from consuming unhealthy food and beverages in front of children
	Staff encourage children to try new foods
	Staff have pleasant conversations with children during mealtime
	Staff members refrain from praising children when they clean their plates
	Staff members avoid bribery when encouraging children to try foods
	Staff members announce the menu in daily routine
	Food (healthy or unhealthy) is never used as a reward for good behavior
	Food is never withheld for punishment
	The child care center participates in Farm to Child Care (sourcing local food)
	The child care center utilizes USDA Team Nutrition resources
	Signage & Communication
	Posters displaying healthful foods are visible within all dining areas
	Dining space is branded to reflect the child care center or children's interests (i.e. named for a character, mascot or local hero)
	All promotional signs and posters are rotated, updated or changed at least quarterly
	All creative and descriptive menu names are rotated, updated or changed at least quarterly
	Daily information is provided to parents about what their children ate
	Parents are given literature/activities to promote new foods at home at least two times per year

updated: 9/5/19

Minnesota Department of Education

Learning Session Three – 2 hours

Healthy Mealtime Environment

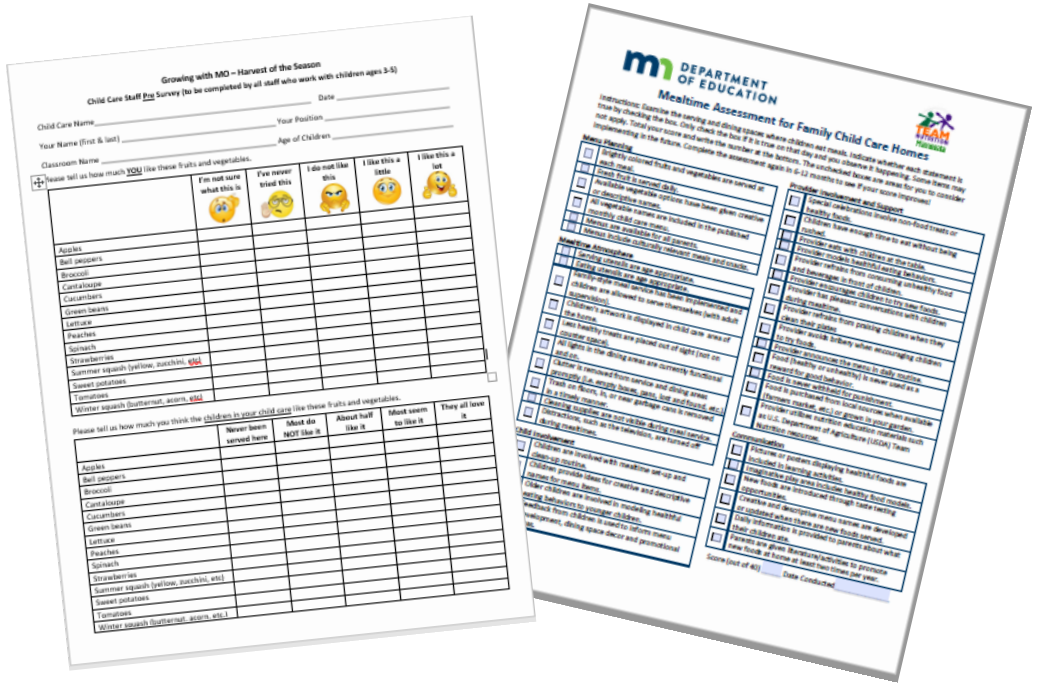


Learning Session Four – 6 hours

Culinary Skills Institute

Grant Required Evaluation

Evaluation Tool	Type	Completed By
Minnesota Meal Time Environment	On-site assessment	CCHC
Fruit & Vegetable Likes & Dislikes	Pre-Post survey	CC staff
Fruit & Vegetable Identification	Child interview	CCHC / DHSS
Menu Review	Pre-post comparison	DHSS
Go NAPSACC	Self-assessment	CC Lead


Growing with MO – Harvest of the Season

Child Care Staff Pre Survey (to be completed by all staff who work with children ages 3-5)

Please tell us how much YOU like these fruits and vegetables.

	I'm not sure what this is	I've never tried this	I do not like this	I like this a little	I like this a lot
Apples					
Bell peppers					
Broccoli					
Cantaloupe					
Cucumbers					
Green beans					
Lettuce					
Peaches					
Spinach					
Strawberries					
Summer squash (yellow, zucchini, etc)					
Sweet potatoes					
Tomatoes					
Winter squash (butternut, acorn, etc)					

Please tell us how much you think the children in your child care like these fruits and vegetables.

	Never been served here	Most do NOT like it	About half like it	Most seem to like it	They all love it
Apples					
Bell peppers					
Broccoli					
Cantaloupe					
Cucumbers					
Green beans					
Lettuce					
Peaches					
Spinach					
Strawberries					
Summer squash (yellow, zucchini, etc)					
Sweet potatoes					
Tomatoes					
Winter squash (butternut, acorn, etc.)					

DEPARTMENT OF EDUCATION

Mealtime Assessment for Family Child Care Homes

Action Period Self-Assessment Tool

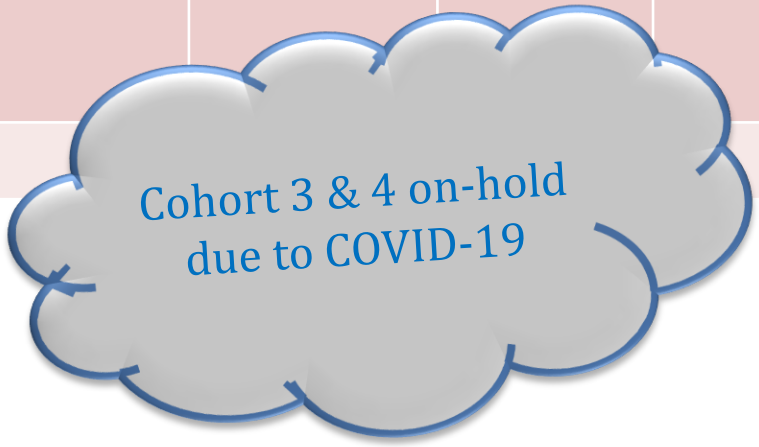
- Go **N**utrition **a**nd **P**hysical Activity **S**elf **A**ssessment for **C**hild **C**are (Go NAPSACC)
- Helps child care programs assess and advance current practices in seven areas.

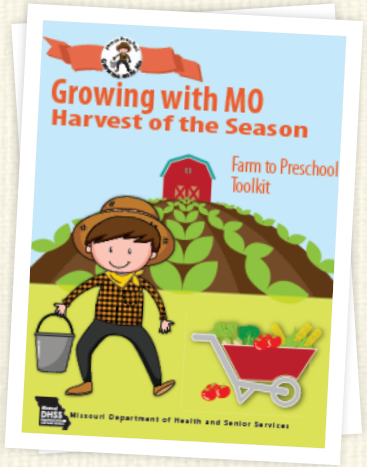
Child Nutrition

https://www.gonapsacc.org/

Project Reach To-Date

Cohort	Region	# Providers Starting	Child Care Centers	Child Care Homes	# Providers Completed	# Children Reached
1	Southeast	12	8	4	10 7 centers 3 homes	636
2	Southwest	11	9	2	10 8 centers 2 homes	744
3	South-central	3				
4	Southwest	4				





Challenges

- Inconsistent effort from Child Care Health Consultants
  - Time commitment & duties
  - Staffing
- Communication with child care centers can be difficult due to:
  - Busy schedules
  - Internet capabilities
    - Access
    - Skills

Missouri Healthy ~~Schools~~ Homes

#StuckAtHomeSNACKS

JOIN US in our COVID-19 Call to Action:

http://www.mohealthyschools.com/

Twitter: LIVE Wednesday's at 11:30 CST @MOHealthyKids

Call to Action

1. Prepare one of the recipes
2. Take a picture of your creation
3. Post the picture with #StuckAtHomeSNACKS

Thank You & Enjoy the Day!

Questions?

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Nutrition Specialist

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816-521-7740

Missouri DHSS Department of Health and Senior Services