



# SmartKids Child Care and Learning Center

## **Contact Information**

<b>CACFP Sponsor</b>	SmartKids Child Care and Learning Center
<b>Child Care Facility Name</b>	SmartKids Child Care and Learning Center
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## **Description**

Our facility has an enrollment of 69 children ages six weeks to 12 years. We have a great location that allows the children to experience nature with a large playground, shade canopy, and a deck. The environment is great for gardening, and we have a large play area suitable for plenty of physical activity.

## **Keystone STARS Level 4**

## **Category**

**Training or Education Opportunities (staff and/or parents)** – N8 Nutrition Education for Staff, Children, and Parents; PA4 Physical Activity Education for Staff, Children, and Parents

## **Goal**

Our goal is to raise the awareness level of parents, staff, and children in regards to the importance of proper nutrition and physical activity.

## **Promising Practice**

We hosted a family night entitled "Nutrition Mission and Healthy Habits for Life." Staff made healthy snacks and led the families in a series of fun physical activities and games. All staff had a role to play as we wanted to involve everyone, from preparing snacks to greeting people at the door. We also asked that the families share a healthy recipe for our future SmartKids Family Cookbook. Informational packets were given out from Keystone Kids Go! Active.

Staff had the opportunity to attend trainings entitled Moving and Munching, Feeding Children in Daycare, and Partnering with Parents. These trainings provided tools for staff to use in future curriculum planning, as well as connecting our parents to our Nutrition Mission.

## **Action Steps**

- Research websites and resources on good nutrition and physical health.
- Provide informative materials for parents.
- Schedule and hold events, like Family Nights, with a focus on nutrition and physical activity.
- Follow up with families - continue to offer resources.
- Offer professional development for teachers.

## **Materials**

<b>Item Purchased</b>	<b>Cost of Item</b>
I Am Moving, I Am Learning	\$14.39
Family Night Event (Nutritionist, Chef)	\$300.00

## **Advice**

Allow time for research and material collection. Assign staff different roles to play and create a parent committee. Choose dates for your family programs well in advance and advertise them frequently to your families.

## **Evidence of Success**

We measure our success through the children and parent feedback we receive. The parents completed a survey on the event and rated it well. Hearing the children talk about nutrition and exercise is a big indicator; it is a sign of success to see them willingly choose nutritious snacks. They enjoy the games and physical activities and are able to explain in detail why exercise is important.