



# 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 aged six weeks to 12 years. We have a great location, in Canonsburg, 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**

**Nutrition or Physical Activity Education** (through curriculum or other resource) – N1 Fruits and Vegetables; N8 Nutrition 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.

### **Promising Practice**

In addition to the new instructional resources we purchased, children, parents, and teachers also planted a SmartKids family garden. The ground was prepared by the older children and teachers, and a fence was installed by a couple of volunteer parents. The parents and children, with assistance from staff, planted the vegetables and set a schedule for maintaining the garden. When the vegetables are ready, we will harvest them and serve them with lunch and snack at the center. This project also provided opportunities for enhanced curriculum ideas.

### **Action Steps**

- Research websites and resources on good nutrition and physical health.
- Select appropriate materials to increase nutrition education in the classroom.
- Plant a garden – involve staff, children, and parents in the development and care of the garden.
- Use the garden and new resources to improve and guide nutrition education.
- Collect recipes.
- Develop cookbook.

## ***Materials***

<b><i>Items Purchased</i></b>	<b><i>Cost of Item</i></b>
Healthy Movement/Nutrition CD Collection	\$105.29
Exercise Cards	\$20.69
Hopscotch Mat	\$39.99
Garden Heroes	\$59.99
Healthy Me! Book Set	\$13.69
Nutrition Mystery Lotto	\$39.95
My Plate Game	\$16.99
Farmers' Market Stand	\$279.99
Nutrition EZ Kit	\$34.99
Munching Matters	\$9.99
Food Fun Nutrition Cards	\$9.99

## ***Advice***

Allow time for research and material collection. Assign staff different roles to play and create a parent committee. Involve everyone – children, staff, and parents.

## ***Evidence of Success***

The children are very excited to see the progression of their garden. The staff enjoy it as well, as many gardening activities can be incorporated into the curriculum.