

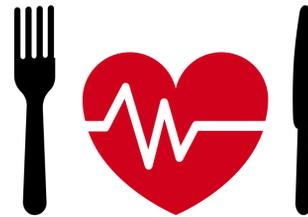


Nutrition in Early Childhood Makes a Difference

It's MyTime to Start Strong: Extension programs empower caregivers of young children to make healthful choices

1 in 8

WIC children in Minnesota are obese



Food and physical activity habits learned in early childhood affect diet and activity levels later on

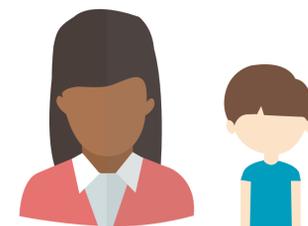
OUR APPROACH



Educate caregivers on strategies to save time and money when preparing food for children



Promote long term health and eating habits in 3-5 year old children



Encourage caregivers to role model healthy behaviors

START STRONG

10

Average number of children cared for by each family care provider

198

Children being offered healthier food options by family child care providers



More confidence in cooking skills, including knife skills, cutting produce, and planning menus



More child care providers role modeling eating healthy foods "often" and "at every meal"



More child care providers offering families nutrition information at least once a year

MYTIME

36

Preschool educators trained with My TIME curriculum

340

Families reached during the 3-year pilot



Children consumed more fruits and vegetables when they helped prepare easy recipes



Parents and children were physically active more often when they chose creative and fun ways to move



Families created new opportunities for healthy eating when they built upon their existing strengths

ANYTIME LEARNING

912

Childcare providers completed online training on Whole Grains from 2015-2018

302

Childcare providers completed online training on Smarter Mealtimes from 2015-2018

83%*

Agreed the training was applicable to their job as a childcare provider

91%*

Agreed the activities helped them promote greater consumption of whole grains by children in their care

* Includes only providers that completed the course evaluation

About

Start Strong: Cooking, Feeding and More

Designed to increase the knowledge and skills of family child care providers so they can prepare healthier foods for children in their care while saving time and money. The series of six, 2-hour trainings covers topics around feeding basics, preserving flavor in food, exploring new foods, and more. The trainings also include hands on activities to improve and practice cooking skills, prepare and sample new recipes, exploring simple ideas to get children more physically active, and networking with other child care providers.

My TIME to Eat Healthy and Move More

Focuses the learning experience on the parent and their 3-5 year old child. Trained teachers engage parents and children in co-learning activities over six nutrition topics complemented by physical activity and literacy reinforcement. Taste testing activities are used to inspire healthy eating. Simple daily physical activities motivate parents and their children to move more together. Finally, parents are guided in the development of weekly goals to empower and remind them of their own unique opportunity to create a healthier family.

AnyTime Learning

Consists of two online courses to teach child care providers how to cook with whole grains and how to create a positive mealtime environment.

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