

# WELLNESS CHAMPIONS



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CHILD CARE RESOURCE SERVICE

FIELD SERVICES

January 2018

[www.ymca.org/crs](http://www.ymca.org/crs)

SUPPORTING HEALTHY EATING AND PHYSICAL ACTIVITY IN EARLY CHILDHOOD EDUCATION.



## START THE NEW YEAR WITH HEALTHY NUTRITION!

The New Year is a wonderful time for everyone to begin healthy eating habits. Child care providers can be very influential in introducing healthy food items to children. Allowing children to experience new foods through their senses of touch, smell, and taste will have a positive effect on their acceptance of new foods. Serving nutritious food to children in your care helps to ensure they are getting the vitamins, minerals and other nutrients they need to grow and mature. Since many children consume their main meals and snacks while in child care, offering a variety of foods that meet the Child and Adult Care Food Program (CACFP) guidelines will support healthy growth and development.

## HEALTH EDUCATOR INFORMATION

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# MENU PLANNING FOR HEALTHY EATING

There are several things you can do to promote healthy eating habits at your child care. The USDA's resource guide, *Building Blocks for Fun and Healthy Meals*, offers these five basic tips to achieving your nutrition goals.

1. **Strive for Balance:** take into consideration tastes and flavors as you plan out your menu. Balance out mild flavors with stronger-flavored foods. Also, focus on nutrient content. Balancing out high-fat foods with ones with lower fat content will help round out your meals. For example, you might want to balance out a grilled cheese sandwich with healthy options such as celery sticks and apple slices.
2. **Emphasize Variety:** serve a variety of foods from different food groups in a way that is appealing to children. You can also mix up the way food items are prepared. For example, vegetables can be served cooked, raw, or seasoned.
3. **Add Contrast:** mixing up textures, flavors, and preparation to your menu will enhance the taste and appearance of the food items.
4. **Think About Color:** plan menus with at least three colors to achieve a more appealing menu. You can also use fruits and vegetables as side dishes to entrees with limited colors, such as adding strawberries to oatmeal.
5. **Consider Eye Appeal:** some children may immediately decide they will not eat certain foods if it is not presented in an appealing manner. Serving foods in a fun and attractive way will encourage children to eat healthy food items.



## THE POWER OF TOFU

Tofu is a byproduct of soybeans that boasts a wealth of health benefits, including a lower risk of cancer, anemia, and osteoporosis, as well as lower cholesterol levels. It also helps to maintain cardiovascular health and is a good source of protein. It has been a common ingredient in global cuisines, such as Chinese food, for many centuries.

As part of the recently updated CACFP guidelines, tofu can now be credited as a meat alternative. Try this Baked Tofu recipe and add it to any salad for a delicious, hearty meal.

**Serves: 4**

### INGREDIENTS:

- 2 tablespoons soy sauce
- 1 clove garlic (minced)
- Fresh ginger (1 teaspoon minced, optional)
- 1 teaspoon vegetable oil
- 1 package tofu (firm or extra firm, water packed, 14 ounces, drained)

### DIRECTIONS:

1. Preheat oven to 350 degrees. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
3. While tofu is draining, combine soy sauce, garlic, ginger and vegetable oil in a small bowl.
4. Slice tofu into 1/2 inch thick slices. Place tofu slices on foil lined baking sheet.
5. Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce.
6. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup or salad.

Find more recipes like this at: <https://whatscooking.fns.usda.gov/>

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# FREE PREVENTIVE HEALTH AND SAFETY TRAININGS

A majority of all licensing citations can be tied to preventative health and safety practices.

In 2016, the number one violation for family child care homes was failure to complete trainings on preventive health practices (including pediatric cardiopulmonary resuscitation and pediatric first aid). Child care centers were cited for lack of supervision (number one) and inability to provide a clean, safe, sanitary environment at all times.

The YMCA Childcare Resource Service (CRS) wants to help you be prepared. Through funding from the California Department of Education, CRS is now able to offer the Preventive Health and Safety Training required for licensed child care sites at no cost. This eight hour course is California EMSA approved and meets all the requirements of AB 243 and SB 1524 for Preventive Health and Safety (includes the 2016 Nutrition Update) for California Childcare Providers, Preschool Teachers and Aides. Topics covered in this training include sanitation, diapering, immunizations, sick children policies, injury prevention, transportation, community resources and nutrition.



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## INCENTIVES

Participants completing the full 8-hour training will receive a California Department of Education, Disaster Preparedness Plan, a lifetime Certification with EMSA sticker, and one incentive, such as:

- EMSA approved First Aid Kit
- Walkie-Talkie (set of 2)
- Solar and Wind-up radio
- Carbon Monoxide Alarm

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## WHO SHOULD ATTEND?

### Family Child Care

- Licensed providers who would like a refresher
- Assistants and helpers

### Centers

- Currently employed staff not holding PHS certification

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\*Trainings can be held onsite and to fit your needs with split classes available (minimum 10 - maximum 20 participants).

To register for a class or for more information please email [mytraining@ymca.org](mailto:mytraining@ymca.org)

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## LOVE YOUR HEART

Maintaining a healthy heart is important for achieving optimal health. Take charge of your own health by “knowing your numbers” and getting your blood pressure checked. The 2018 Love Your Heart event has been set for February 14, 2018. This is an annual event offered through the County of San Diego that provides free blood pressure screenings to the public. Select sites are available throughout San Diego and Mexico.

For more information visit: <http://www.livewellsd.org/content/livewell/home/love-your-heart.html>

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## RAINY DAY FUN

It's rainy season here in San Diego. Keeping your kids active during rainy days can be fun and easy! Setting up indoor circuit stations is a perfect way for kids to do their physical activity inside. Kids can practice gross motor skills by using any household or classroom items you can find. Try these ideas!

### STATION 1: Sock Toss

Use balled up socks to practice throwing. You can use a laundry basket to aim and practice accuracy.

### STATION 2: Balancing Act

Use tape or yarn to make a line. Have children walk across and practice balance and coordination.

### STATION 3: Get Moving!

Practice moving in place: running, hopping, jumping, or marching. Mark X's with tape on the floor or use spot markers to keep children in place.

### STATION 4: Freeze Dance Party!

Music and movement time! Turn up the radio and have a dance party. Stop the music and have kids freeze in place.



The Wellness Champion program is funded in part by the County of San Diego Healthy Works program, implemented by the YMCA Childcare Resource Center. This work supports *Live Well San Diego*, the County's vision of a region that is Building Better Health, Living Safely, and Thriving. For CalFresh information, call 2-1-1. Funded in part by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

**OUR MISSION:** The [YMCA of San Diego County](http://www.ywca.org) is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind, and body.