



The Child Care Nutrition Consultation Project in Durham County, North Carolina

Program Overview

The Child Care Nutrition Consultation Project in Durham County of the Durham County Public Health Department provides training and consultation from a registered dietician to child care programs. Topics include conducting a needs assessment for nutrition and physical activity, developing healthier menus, and integrating nutrition education and physical activity into the normal curriculum. The project partners with the North Carolina Cooperative Extension to conduct trainings and receives funding from the Durham Partnership for Children, a Smart Start Initiative of North Carolina.

Two Strategies

The Child Care Nutrition Consultation Project provides both individual consultation and general training sessions.

1. Individual Consultation - Training conducted at individual centers are center specific and flexible.
2. General Training Sessions – Held weekends or nights, fulfill continuing education requirements of center directors and teachers.

General Training Sessions

- Required
 - Introduction to the Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC).
 - Menu Reviews
- Examples of other available trainings on
 - Color Me Healthy – created by UNC Cooperative Extension
 - Be Active Kids – created by Blue Cross Blue Shield
 - Environmental Rating Scales – created by the Consultation Project as an incentive for centers.

Partners and Funding

The Child Care Nutrition Consultation Projects' funding originates at the state level with the Smart Start initiative.

Smart Start is North Carolina's a public-private childhood initiative that provides early education funding to all of the state's 100 counties to ensure that young children enter school healthy and

ready to succeed. The two largest private donors are the Wachovia Foundation and the W.K. Kellogg's Foundation.

Smart Start funds are administered at the local level through local nonprofit organizations called Local Partnerships. The North Carolina Partnership for Children, Inc. is the statewide nonprofit organization that provides oversight and technical assistance for local partnerships. The local Durham Partnership for Children is working to tackle childhood obesity by investing in programs like Child Care Nutrition Consultation Project, a program delivered through the Durham County Health Department.

The Durham County Health Department collaborates with the North Carolina Cooperative Extension to conduct trainings as part of the project.

Future Work

Developing "Ask the Nutritionist Sessions" that will include food tasting and books for families.

For more information, contact:

Michelle Easterling
Durham County Health Department
919-560-7784
measterling@ph.co.durham.nc.us