



## **The Connecticut State Department of Education Child and Adult Care Food Program (CACFP) Nutrition and Physical Activity Project**

### **Program Overview**

In 2007, the Connecticut State Department of Education received a Team Nutrition grant from the U.S. Department of Agriculture (USDA). The goal of Connecticut's Team Nutrition grant is to develop a sustainable statewide initiative to encourage caregivers, food service staff and parents in Connecticut's early childhood programs to serve as role models for children to practice healthy eating and being physically active in early childhood programs and at home. Key to this process will be the development and promotion of a policy action guide for promoting healthy eating and physical activity in early childhood programs, with subsequent training on its implementation for early childhood staff.

The Yale University Rudd Center for Food Policy and Obesity received a parallel grant, "Understanding Preschool Food Policies: Predictors and Consequences," which is being integrated with all activities of the Connecticut State Department of Education's Team Nutrition grant. Together, these two grants will provide detailed analysis of and guidance for developing and implementing an environment to promote healthy eating and physical activity in child care programs.

### **Implementation of the Initiative**

1. An assessment of early childhood programs regarding the current status of policies and practices regarding nutrition and physical activity in the preschool environment;
2. Development of a policy action guide which provides a framework and comprehensive guidance for early childhood programs to model healthy eating and physical activity through a healthy preschool environment, and engage families as role models for healthy behaviors; and
3. Training to assist early childhood programs with implementing the policy action guide at the local level, and empower leaders to teach caregivers, food service staff and parents how to use the guide.

### **Who is Involved**

The Connecticut State Department of Education implements the grant in collaboration with the Rudd Center for Food Policy and Obesity at Yale University, and will be coordinated with and integrated into all appropriate activities of Connecticut's Child and Adult Care Food Program (CACFP) and School Readiness Program.\*

\* The purpose of the School Readiness Program is to provide open access for children to quality programs that promotes the health and safety of children and prepares them for formal schooling.

## **Funding for the Initiative**

This initiative is funded by a Team Nutrition Grant provided by the USDA. The grant period is September 30, 2007 through June 30, 2010. The Yale University Rudd Center received a parallel grant from the Robert Wood Johnson Foundation, "Understanding Preschool Food Policies: Predictors and Consequences," which is being integrated with all activities of the Connecticut State Department of Education's Team Nutrition grant. Together, these two grants will provide detailed analysis of and guidance for developing and implementing an environment to promote healthy eating and physical activity in child care programs.

## **Future**

Expected completion of project is June 2010.

## **For more information contact:**

Susan Fiore  
Connecticut Department of Education  
860-807-2075  
susan.fiore@ct.gov