



Florida Child Care Food Program Nutrition Education Initiatives

Workshops	Collaborations	Publications/Resources
<p><u>Food Safety:</u> This 3 hour workshop focuses on safe food handling, preparation, and storage and the prevention of food borne illness.</p> <p><u>Feeding Infants:</u> This is a 3 hour workshop focusing on policy and meal pattern requirements for infants, developmental readiness, nutritional needs, and infant feeding safety.</p> <p><u>Nutrition and Menu Planning:</u> This two-part, 6 hour workshop focuses on policy and meal pattern requirements for children, developmental stages and corresponding nutritional needs, planning menus, and purchasing food.</p>	<p><u>The Florida Interagency Food and Nutrition Committee (FIFNC):</u> FIFNC is comprised of several state agencies with a nutrition or food focus (example: Department of Health WIC and CCFP, Departments of Education and Agriculture, Extension Service, etc.) which fulfills the State Nutrition Action Plan requirement. Annual nutrition education campaigns are developed via this collaborative effort. Each publication encompasses a life-span approach with corresponding lesson plans. Participating agencies produce campaigns around a common theme but materials are specific to each agency’s customer base. All campaigns are downloadable from the FIFNC website at http://fifnc.com/</p> <p><u>Inter- and Intra-departmental Collaborations:</u> This is a priority of Florida’s Child Care Food Program (CCFP). Currently, we are working with the state WIC office on the development of a Breastfeeding for Working Moms publication.</p> <p>We are also developing a booklet that easily identifies good fruit and vegetable sources of vitamins A and C for our customers.</p>	<p><u>Lesson Plans:</u> Twelve lesson plans for young children emphasizing healthy nutrition and physical activity are being updated to include newly published USDA Core Nutrition Messages. Several publications correspond to national health observances and will be a free resource provided to all CCFP child care centers in Florida. Lesson plans will be available in hard copy and electronic format.</p> <p><u><i>The Florida Child Care Food Program Cookbook:</i></u> A compilation of favorite recipes submitted by participating Child Care Food Program providers; this cookbook was provided to all participating centers and is also available in electronic format. http://www.doh.state.fl.us/CCFP/info/cookbook.htm</p> <p><u>Parent Fact Sheets:</u> Various handouts covering topics such as food safety, baby bottle tooth decay, and reduced fat versus low fat milk are available on our website and are provided to customers attending our three workshops. http://www.doh.state.fl.us/CCFP/info/parent.html</p> <p><u>Additional resources:</u> Numerous resources are available to our customers to promote understanding of program policies and meal pattern requirements.</p>