

2015 Achievement Awards Virginia Association of Counties

APPLICATION FORM

All applications must include the following information. Separate applications must be submitted for each eligible program. **Deadline: June 1, 2015.** Please include this application form with electronic entry.

PROGRAM INFORMATION

Locality: Fairfax County

Program Title: Eat and Run

Program Category: Health & Human Services

CONTACT INFORMATION

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SIGNATURE OF COUNTY ADMINISTRATOR OR CHIEF ADMINISTRATIVE OFFICER

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Title: Director, Fairfax County Department of Family Services

Signature: *Nannette M. Bowler*

2015 VACo Award Submission



Fairfax County Department of
Family Services

Eat and Run Program

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Included with Entry:

- Application Form
- Program Write-Up
- Short Program Overview
- Press Summary

Fairfax County - Department of Family Services

Eat and Run Program



Summary

Fairfax County Office for Children and Live Healthy Fairfax collaborated to develop “EAT and RUN,” a book designed to combat childhood obesity by promoting physical activity and healthy eating in family child care homes. The book features 15 EAT and 15 RUN activities that family child care providers can incorporate into their programs. EAT and RUN is a creative program designed to help family child care providers meet county ordinance requirements that they provide adequate space both indoors and outdoors for physical activity, and adhere to the USDA Child and Adult Care Food Program (CACFP) standards for healthy meals.

EAT and RUN has proven to be an effective recruitment tool for getting providers to join the USDA Child and Adult Care Program which reimburses family child care providers for the healthy, nutritious meals they provide to the children in their care. To date more than 315 family child care providers have

attended a workshop and have started incorporating the activities in their programs. Additionally, as staff presents EAT and RUN at national conferences, it is being enthusiastically adopted as a recruitment and retention tool in other jurisdictions.

Overview

In 2012, changes were made to the Fairfax County Home Child Care Facilities Ordinance to address childhood obesity by promoting physical activity and healthy eating in family child care homes. As these new standards took effect, the Office for Children’s Community Education and Provider Services staff was faced with the challenge of finding a way to encourage family child care providers to meet these new requirements in their family child care programs.

Working together, the Fairfax County Office for Children and Live Healthy Fairfax used funding received through the Community Transformation Grant under the Centers for Disease Control to develop an activity book entitled “EAT and RUN.” The book contains 15 EAT and 15 RUN activities designed to help child care providers incorporate good nutrition and fitness into their daily programs. The “EAT and RUN” book has also been an effective tool for recruiting providers to join the USDA Child and Adult Care Food Program, which assists family child care providers to give healthy, nutritious meals to children.

EAT and RUN has proven to be very popular. Providers continue to use the activities in their programs long after attending a workshop. More than 315 family child care providers are now offering creative activities for children that promote healthy eating and physical activity. Furthermore, as OFC staff present the program at conferences nationally, other agencies are finding a ready-made tool that they can use to recruit and retain family child care providers in the CACFP program in their localities.

Challenge

Although Fairfax County ranks as one of the healthiest in the Commonwealth of Virginia and in the nation, according to the School Health Nurse program, 30% of children entering kindergarten are overweight or obese. When delving deeper in to this issue, statistics provide some answers about factors that impact the health of children. While the lack of physical activity is a risk factor for obesity, 70 to 80% of a child's day in child care is sedentary. In addition, although participation in the Child and Adult Care Food Program helps child care providers to promote healthy eating and prevent obesity, less than half of the child care providers in Fairfax County participate.

In 2012, changes were made to the Fairfax County Home Child Care Facilities Ordinance to address childhood obesity by promoting physical activity and healthy eating in family child care homes. Family child care providers were required to provide adequate space both indoors and outdoors for physical activity. They were also required to follow the most recent nutritional guidelines set forth by the United States Department of Agriculture, Food and Nutrition Service. As these new standards took effect, staff in the Office for Children's Community Education and Provider Services Division was faced with the challenge of finding a way to help family child care providers meet these new requirements.

Solution

An activity book entitled "EAT and RUN" was developed and printed using \$84,368.06 received through the Community Transformation Grant under the Centers for Disease Control. This book was created to help child care providers to meet the new requirements in the Home Child Care Facilities Ordinance. Staff in the Office for Children, a division of the Department of Family Services, worked in partnership with Live Healthy Fairfax to develop "EAT and RUN." Once the basic premise of the book was decided, staff worked with a writer and designer to refine the content and layout of the booklet and developed it into "EAT and RUN," a large, green, shoe-shaped book with an eye-catching design.

The book contains 15 EAT and 15 RUN activities designed to help child care providers incorporate good nutrition and fitness into their daily programs. Some activities are a twist on familiar things; others may be entirely new to providers. The EAT activities focus on healthy eating, gardening, and introduce diverse ingredients for children to try. The RUN activities are non-competitive and encourage children to understand that physical activity can be fun. Recipes and activities are paired together by theme. For instance, the user can make Butterfly Bites and do the Caterpillar/Butterfly Romp, or eat Crusty Baked Yucca “Fries” and have a Crusty Crustacean Race. There are specific instructions for adapting activities to multiple age levels, and involving children in the process of making the recipes.

To introduce family child care providers to six of the activities featured in the book, workshops were designed by Office for Children staff. These workshops are promoted via a mailer to family child care providers in our database. These fun, hands-on workshops are led by staff from the Office for Children’s Community Education and Provider Services Division and interns from George Mason University’s Graduate Program in Nutrition and Food Studies. This has led to a partnership with George Mason University, giving the Office for Children an avenue to invest in and educate future policymakers.

The workshops provide family child care providers with the opportunity to try three EAT activities and three RUN activities and find out how fun and easy they are. Each family child care provider who attends the EAT and RUN workshop is given a copy of the booklet to take with them to use in their child care program. To receive professional development hours for participating in the workshops, they are required to return a survey several weeks after the workshop, providing feedback on the EAT and RUN activities they have used with children in their program. This additional level of engagement further encourages family child care providers to incorporate EAT and RUN in their programs long-term.

To further encourage providers to make the EAT and RUN activities a part of their program, CEPS staff also conduct a follow-up home visit with providers a couple of months after they attend the workshop. At this visit, CEPS staff do two additional EAT and RUN activities with the children and the provider in

their home child care program. Providers are also encouraged to discuss their use of the book and how they are incorporating the activities in their program. An additional professional development training hour is awarded to providers who receive a follow-up EAT and RUN visit.

In addition, family child care providers who were not participating in the CACFP were invited to a “mini” EAT and RUN workshop, where they received information about the benefits of joining the CACFP. At this workshop, they also got to experience one EAT and one RUN activity. Once these providers joined the Child and Adult Care Food Program, they were then invited to the full EAT and RUN workshop and received a copy of the book.

Financing

Without funds provided through a Community Transformation Grant, the development and production of “EAT and RUN” would not have been possible.* After the initial printing of the shoe-shaped booklet, the decision was made to develop a more basic 8 ½ x 11 version of “EAT and RUN.” This alternate design greatly reduced printing costs and made it possible to provide copies in more languages. So far 2,100 copies of all versions of “EAT and RUN” have been printed, including 1,500 in English, and 150 each in Arabic, Farsi, Spanish and Urdu. The initial expenditure for the content development, layout, translation and printing was \$58,318.06 of grant funds. An additional \$26,050 was spent on a second printing and on copyright registration, for a total of \$84,368.06 of Community Transformation Grant funds used. A local Walmart also provided a \$1,000 community benefit grant for workshop supplies.

*Funds for the development and production of Eat and Run were provided through a Community Transformation Grant awarded to Fairfax County by the U.S. Department of Health and Human Services’ Centers for Disease Control and Prevention under cooperative agreement DP11-1103PPHF11.

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Sample pages from “EAT and RUN”

EAT BUTTERFLY BITES

WHY?
This is a snack every young child can make themselves. Making food that resembles something real (in this case, a butterfly) gets children excited about eating. That's how eating is an added bonus.

RECIPE
Ingredients

• 1/2 cup milk or milk substitute	• Juice of 1 lemon
• 1/2 cup crushed and dried	• 1/4 cup butter
• Small amount (about 1/2 cup)	• Half a slice of garlic
• 1/2 cup brown sugar	• 3 tablespoons olive oil
• One 1/2 teaspoon each of salt and cayenne	• 1/2 cup vegetable shortening (also called garden of eden)

Combine in a food processor or blender. Blend everything, adding water to this, if necessary.
Note: Cottage cheese, jamon, cheddar, or prepared tomatoes may be substituted for tomatoes/tomatoes.

METHOD

1. Cut out a circle or oval out of the dough.
2. Place one part of an apple on each side of the center/hoop, toward the middle. Press the buttered surface in to the middle to resemble wings.
3. Put small partial pieces of one part to form antennae.
4. Make sure you have butter flies on each.

HOW YOU DO THIS
Suggest that you can do:
Toddlers - 13 months Preschool - 3 years Young - 4 years
Teenagers - 13 months Adults - 4 years

- Place ingredients in kitchen scale. Place Tomatoes and Tomatoes in their own bowls. Include other children to get before to eat.
- Introduce the activity as you make a butterfly bite. Give children opportunities to guess what comes next.
- Hand Tomatoes and Tomatoes some advice (butter that has been torn into small pieces, with a small head of butter) and a spoon to eat with while the others make their butterflies.

FOR FURTHER INFORMATION

- www.butterflybites.com/recipes-and-cooking/play-with-your-food/
- www.butterflybites.com
- www.parenting.com/gallery/plus-recipes-for-kids

*Candy is a choking hazard for children under 3.

RUN CATERPILLAR/BUTTERFLY ROMP

THE ACTIVITY
After reading and discussing The Very Hungry Caterpillar (Eric Carle), children recite the movements of caterpillars, worms, and butterflies to music.

WHY?
Research tells us the more opportunities children have, the better learning is laid down in their brains. This movement activity reinforces what children learn after reading The Very Hungry Caterpillar. Learning through gross motor movement also contributes to fitness.

WHAT YOU DO

- Introduce the activity by going over the life cycle of the butterfly — from caterpillar to chrysalis to butterfly.
- Play background music (for example, Spring, Stamp, Romp the Bugs and Bumblebee) to create children to move that caterpillars, chrysalises, and butterflies.
- Give children challenges — pretend to move in the rain or a windstorm, to find food to eat, to find changes from a hedgehog, etc.

HOW YOU DO THIS
Suggest that you can do:
Toddlers - 13 months Preschool - 2-3 years Young - 4 years
Teenagers - 13 months Adults - 3 years

- Place Tomatoes in your lap and Tomatoes hear you as you read about Eric Carle's The Very Hungry Caterpillar. Discuss it with the children. Ask: How did the caterpillar grow and change? What did it eat? Can you think of any other insects we have read to which it looks similar because they're beautiful when it grows up (like, from Christian Anderson's The Ugly Duckling)?
- Sing a song about the life cycle of a butterfly. Have the children act it out — to the tune of Skip to My Lou:
I'm a caterpillar, wiggle with me,
I'm a caterpillar, wiggle with me,
I'm a caterpillar, wiggle with me,
I'm a caterpillar, wiggle with me,
What I'll be, my darlin'!

FOR FURTHER INFORMATION

- www.parenting.com/gallery/plus-recipes-for-kids
- www.butterflybites.com/recipes-and-cooking/play-with-your-food/
- www.butterflybites.com
- www.parenting.com/gallery/plus-recipes-for-kids



(OFC staff presenting a gardening activity from “EAT and RUN” to family child care providers.)



(Family Child Care Providers making the Butterfly Bites snack from “EAT and RUN”)

Results

Between December of 2013 and April 2015, eight EAT and RUN workshops were provided, which were attended by 315 providers who participate in the USDA Child and Adult Care Food Program. In addition to other resources, every provider who attended received a copy of the “EAT and RUN” book which they took back to their programs to use with the children. The “EAT and RUN” book has received an overwhelmingly positive response from child care providers. In our six-month follow up survey, providers still report that they are using EAT and RUN activities at least once or twice a week.

One provider said “This was a great workshop, lots of information on how to prep healthy meals and activities to work with children. The book is great, I am using it every day to try different things with children in my care and for my family.”

In 2014, as a result of the recruitment efforts which included the introduction of the “EAT and RUN” book and mini-workshop, 65 providers joined the Child and Adult Care Food Program. This represents a 50% increase in the number of new food program participants as compared to the previous year. Our goal is to sustain the current growth trajectory of 50% new food program participants every year. Future strategies include:

- Distributing 950 more copies of EAT and RUN to continue efforts to get this book in the hands of every family child care provider in Fairfax County.
- Holding four EAT and RUN workshops in 2015 with the goal to reach 240 more providers.
- Holding an EAT and RUN workshop in Spanish where providers will receive a copy of the book in Spanish.
- Developing a companion manual of EAT and RUN in four additional languages, to better serve the family child care providers in our community.

Due to the success of the “EAT and RUN” book, there has been national interest in our work. The Office for Children has been asked to present the work we have done with EAT and RUN at various conferences, including the CACFP National Sponsors Conference and the Virginia State Sponsors Association Conference in Spring 2015, and the Food Research and Action Center conference in Washington D.C. in early 2016. Other CACFP sponsor agencies across the country are learning about EAT and RUN and how to use the activities with family child care providers in their localities. Currently, plans have been initiated to put the “EAT and RUN” book and videos of all the activities on the Let’s Move website. The “EAT and RUN” book will be available online for other interested agencies to download and use in their programs. This model program is providing a ready-made book of activities that can be used by any CACFP sponsor agency to encourage practices in child care programs that can combat obesity in children and recruit family child care providers into the USDA Child and Adult Care Food Program.

Conclusion

EAT and RUN is a program that is deserving of a VACo award because it embodies all three of the stated criteria: innovation, collaboration and a model for other localities:

1. Staff in the Office for Children and Live Healthy Fairfax collaborated to use available grant funding to create “EAT and RUN.” Each group wanted to increase the number of family child care providers participating in the USDA Child and Adult Care Food Program in order to combat rising incidences of childhood obesity. OFC’s Community Education and Provider Services had the additional responsibility of bringing family child care providers into compliance with new regulations requiring them to provide adequate space for physical activity, and adhere to the USDA Child and Adult Care Food Program (CACFP) standards for healthy meals. By working together to create EAT and RUN these two agencies were able to positively influence family child care providers in a way neither could have done separately.

2. Developing a booklet filled with activities promoting physical activity and healthy eating in family child care homes, and going a step farther to develop a series of workshops to recruit and retain providers for the CACFP is an innovative approach to this situation. The popularity of EAT and RUN and the success we have had with getting providers to make it a regular part of their programs is a testament to the quality of the overall EAT and RUN program and the vision of the staff who created it.
3. The national recognition that EAT and RUN has received demonstrates that this is a model program with the potential to positively impact the lives of children in family child care programs throughout the U.S. The reach of the program will only grow once it is posted on the Let's Move website. It is rewarding to see such a successful program being emulated.

Fairfax County - Department of Family Services

Eat and Run Program

Short Program Overview

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Eat and Run Program

Press Summary

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