



Welcome Back!

Welcome to the Florida's HEROs ECE Provider Newsletter!

Below you'll find key resources and information on the Florida's HEROs recognition application, events, and trainings.

Thank you for all that you do. We're glad you're here.

Thank you, Florida Family Child Care Home Association (FFCCHA)!



In June, the Florida's HEROs team had the opportunity to meet child care home providers from across the state at the Florida Family Child Care Home Association (FFCCHA) Conference in Clearwater, FL. Our team also presented on the importance of establishing healthy environments in child care settings. Home providers at the conference shared stories about the positive changes they have seen in their children as a result of making small changes in the food they serve and the amount of movement they incorporate in their curriculum throughout the day.

Thank you for having us, FFCCHA! We'll see you next year.

Resources of the Month

NEW RESOURCE!

No & Low Cost Best Practices

This guide from Go NAPSACC has tips and tricks for implementing no and low cost changes that support healthy development for your children in the following focus areas:

1. Breastfeeding & Infant Feeding
2. Child Nutrition
3. Farm2ECE
4. Oral Health
5. Outdoor Play & Learning
6. Infant & Child Physical Activity
7. Screen Time

Read more at the link below.

Read More

Child Nutrition

No & Low Cost Best Practices

Healthy changes don't have to be expensive!

This guide identifies which Child Nutrition Best Practices can be met at no or low cost. Use this tool to help choose best practices that fit your budget.

Remember, you may be able to make some "low cost" changes for no cost at all! For example, there could be cost associated with family education best practices if you host an event. But, if you simply email families educational resources or have conversations with families about nutrition, you can meet the family education best practice for no cost at all!

Bold = Beginner Friendly Best Practice

Foods Provided

No Cost Changes

Vegetables are rarely or never cooked or flavored with meat fat, margarine, or butter.

High-sugar, high-fat foods are never offered, or are offered less than 1 time per week.

High-salt, high-fat snacks are never offered, or are offered less than 1 time per week.

Children are never given sweet or salty snacks outside of meal and snack times, or are given sweet and salty snacks less than 1 time per week.

Low Cost Changes (Continued)

Vegetables (not including French fries, tater tots, hash browns, or dried beans) are offered 2 times per day or more. (Half-day: 1 time per day or more)

Children are offered dark green, orange, red, or deep yellow vegetables (not including corn) 1 time per day or more.

Fried or pre-fried potatoes are never offered, or are offered less than 1 time per week.

Fried or pre-fried meats or fish are never offered, or are offered less than 1 time per week.



NEW RESOURCE!

USDA Choose Breakfast Cereal and Yogurts That Are Low in Sugar

Limiting sugar intake for young children is important for supporting healthy mental and physical development.

This resource from the United States Department of Agriculture (USDA) offers a guide to choosing breakfast cereals and yogurts low in sugar.

Read more at the links below and share with your ECE programs.

USDA United States Department of Agriculture
Food and Nutrition Service

Choose Breakfast Cereals That Are Lower in Sugar

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this sugar limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC) approved cereal list. You can also find cereals that meet the sugar limit by using the Nutrition Facts label and following the steps below.

1. Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
2. Find the **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.
3. Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.
4. In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column. If the cereal has that amount of sugar, or less, the cereal meets the sugar limit.

Serving Size*	Total Sugars
If the serving size is:	Total sugars must not be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-59 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

Yummy Brand Cereal

Nutrition Facts
15 servings per container
Serving size 1/2 cup (30g)

Amount per serving	% Daily Value*
Calories 100	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	10%
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:
Does the cereal above meet the sugar limit?
(Check your answer on the next page.)
Serving Size: _____
Total Sugars: _____
☐ Yes ☐ No

*Serving sizes here refer to those commonly found for breakfast cereals.

English

Español

Florida's HEROs ECE Application

Florida's HEROs (Healthy Environments for Reducing Obesity) recognizes Florida's ECE providers that focus on creating healthy

environments that combat obesity for children ages 0 to 5.

The goal is to encourage YOU to take proactive steps to improve your program's practices and policies related to encouraging healthy behaviors among the children and families you serve.

Find more information about the application process at [our website](#) and check out our application at the links below.



English Application

Aplicación en Español

Training, Resources, & Events

Are you attending the One Goal Summer Conference in July? We'll see you there!



The Florida's HEROs team will be attending the One Goal Summer Conference in Tampa, FL from July 20th to July 22nd.

FL HEROs will be presenting on promoting healthy habits on Thursday, July 21st at 1:30PM. We hope to see you there!

Conference Program Book

Need help with goal setting or applying to the FL HEROs Recognition Program?

Go NAPSACC is an evidence-based platform designed to help ECE providers improve the health of young children by providing step-by-step guidance to enhance childcare program practices and policies.



This tool is **FREE** for ECE programs in Florida working with a local Technical Assistant (TA) Consultant.

To learn more about working with a TA Consultant and using Go NAPSACC, contact FL HEROs at the link below.

Contact Us

Become a Child Care Food Program (CCFP) Provider

Children who eat nutritious food early in life are at lower risk for developing childhood obesity. However, many children are not getting enough nutritious food to eat at home.



The Florida Department of Health's Child Care Food Program (CCFP) is a federally-funded program that **provides nutritious meals and snacks to eligible children who are enrolled with participating child care providers.**

CCFP funds can even be used for garden supplies!

Learn how to apply here.

Learn More

ABC's of a Healthy Me Online Professional Development

Watch this **FREE** six-part online professional development training, ABC's of a Healthy Me. You will learn about the five best practice areas for promoting a healthy weight in children ages 0 to 5 in the ECE setting and the Florida's HEROs statewide recognition program.



ABC's of a Healthy Me
Session 1 - Overview

Complete all six sessions to earn
1 Continuing Education (CE) Credit!



Complete Training

NEW FREE TRAINING!

Active Play for Preschoolers with Autism



This course is designed to provide early childhood educators with tools and support to facilitate active play with preschool children. Wellness Enhancing Physical Activity for Young Children (WE PLAY) offers strategies for incorporating physically active play into preschool, including adaptations for children with autism spectrum disorder.

Complete the course to earn
2 Credit Hours!

[Sign-Up](#)

The Florida's HEROs ECE Recognition
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