



Welcome Back!

Welcome to the Florida's HEROES ECE Provider Newsletter!

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

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

Resource of the Month

NEW RESOURCE!

Pint Size Produce: Activity Plans & Parent Handouts



pint size PRODUCE

Carrots!

Story: The Carrot Seed

Supplies:

Book:
The Carrot Seed
By Ruth Krauss

Tasting :

- Carrots
- Mayonnaise
- Raisins or pineapple
- Sunflower seeds
- Grater

Activity:

- Egg cartons
- Pipe cleaners (green, white, orange, purple, red)
- Scissors

Coloring Pages:
<http://www.supercoloring.com/coloring-pages/vegetables>
/vegetables

- Questions you might ask while reading:
- What does the little boy give the plant to help it grow?
 - What did everyone keep telling the little boy?

Highlight that the carrot is a root vegetable, so the part we usually eat grows beneath the soil.

Watch a video of The Carrot Seed read aloud here:
https://www.youtube.com/watch?v=st_bkqYUic-2M



Tasting: Carrot Salad

This salad is a fun way to get preschoolers involved in preparing food, and they can be more willing to try unfamiliar flavor combinations if they helped put it together!

1. Grate carrots – little hands can help.
2. Add raisins, pineapple chunks, and sunflower seeds, if using.
3. Stir in mayonnaise, just enough to coat the salad.

Alternate:

Offer raw and steamed carrots – grate raw carrots, steam diced carrots in a microwave. Compare flavor and texture!

Are you looking for unique ways to combine nutrition education and fresh produce? Pint Size Produce includes **Activity Plans** and **Parent Handouts** on 12 different fruits and vegetables. YUM!

You can find specific games, songs, recipes, facts, story books, and resources all in one place!

Read more at the link below.

Read More

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

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 [here](#).

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.

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



ABC's of a Healthy Me
Session 1 - Overview



Complete Training

School Garden Leadership Training

Florida Agriculture in the



Classroom and UF/IFAS Extension Family Nutrition Program are excited to host a series of 8 free virtual School Garden Leadership Trainings for the 2021-2022 school year. This training and networking experience is designed for Florida school garden leaders of all levels to build gardening confidence, foster collaboration among leaders, and strengthen garden programs for long-term success.



Sessions will take place online via Zoom on Thursdays from 3:30 - 5:00 PM.

[More Info](#)

The Florida's HEROs ECE Recognition is supported by the following:



Funded by:



Managed by:

