

Florida's HEROs Monthly Newsletter

Welcome to the **Florida's HEROs Monthly Newsletter** for Early Care and Education (ECE) providers!

Below you'll find key resources and information on **encouraging healthy habits** among your children, **award opportunities**, and **professional development opportunities** for you and your staff

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



Resources of the Month

Limiting Screen Time in Child Care

Research shows that children who spend a lot of time in front of screens are less physically active and eat less healthy food. Because of this, it very is important to integrate healthy screen time best practices into child care programs and to educate parents

and families on limiting screen time at home.

Learn more about **limiting screen time for young children in child care** at the link below.

Limit Screen Time

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

Young children who spend a lot of time watching TV or playing video and computer games are less likely to be physically active in later childhood. They are also likely to eat foods that are less healthy, such as soft drinks and fried foods as well as more snacks, and may be more likely to become overweight. In many child care settings, children spend 1 to 3 hours watching TV each day. You can make a difference by limiting or eliminating screen time and providing children with other fun activities.

How much total screen time* should children be allowed every day, both at child care and at home?

- No screen time (TV, video, DVD) for children under the age of 2.
- No more than 1 to 2 hours per day of high-quality programming for children over the age of 2.

* Screen time includes TV and DVD viewing, video games, recreational computer use, Internet surfing, and other electronic devices.

How much screen time should children be allowed while in child care?

Since many children get too much screen time at home, it's important that they are not exposed to very much screen time while at your care.

Children under the age of 2	No screen time, including TV, video, DVD viewing or computer use.
Children over 2 years old	Only 30 minutes total of screen time per week. No more than 15-minute increments of computer use.
All Ages	No screen time during meals or snack time.


Special Notes:

- Parents and families should be informed if screen media are used in child care programs.
- Screen time should only be for educational or physical activity programs.
- All screen time should have no commercials or advertising.

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program
Limit Screen Time • <http://www.aceee-nutrition.usda.gov/Handbook>

Limit Screen Time

Florida Food & Nutrition Resource Programs

SNAC  **FL Food and Nutrition Resource Programs**

Adult Care Food Program (ACFP): Supports the provision of nutritious meals and/or snacks served to community-based adults attending adult day care centers. The nutritious meals support and may improve their nutritional status, enabling them to enjoy living in their own community.
<http://dca.fns.usda.gov/programs-and-services/child-care/child-care-food-program/index.cfm>

Child Care Food Program (CCFP): The CCFP and two related programs, the Afterschool Meals Program and the Homeless Children Nutrition Program, provides nutritious meals and snacks to children through public-private partnerships with organizations committed to caring for children.
www.fns.usda.gov/programs-and-services/child-care/child-care-food-program/index.cfm

Commodity Supplemental Food Program (CSFP): Distributes monthly food packages and nutritional information to elderly persons, 60 years of age or older, who are eligible based on income and reside in a qualifying county.
www.fns.usda.gov/food-Nutrition/Programs/Commodity-Supplemental-Food-Program

Expanded Food and Nutrition Education Program (EFNEP): A free nutrition education program offered through Cooperative Extension that focuses on limited-resource families, with an emphasis on parents and other adult caregivers who have primary responsibility for feeding young children.
<http://www.fns.usda.gov/food-Nutrition/Programs/Expanded-Food-and-Nutrition-Education-Program>

Many children and families do not have access to fresh and affordable, nutritious food, though we know this is incredibly important for good health. This can be even more difficult during the holidays, when child care programs are closed and children are home with their families.

The Florida Department of Children and Families (DCF) and the State Nutrition Action Coalition (SNAC) published a resource guide for families in need of food assistance. **Read more** at the link below.

Florida Food & Nutrition Resource Programs

Florida's HEROs Award & Recognition

Apply Now to Become a Florida's HERO

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 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.

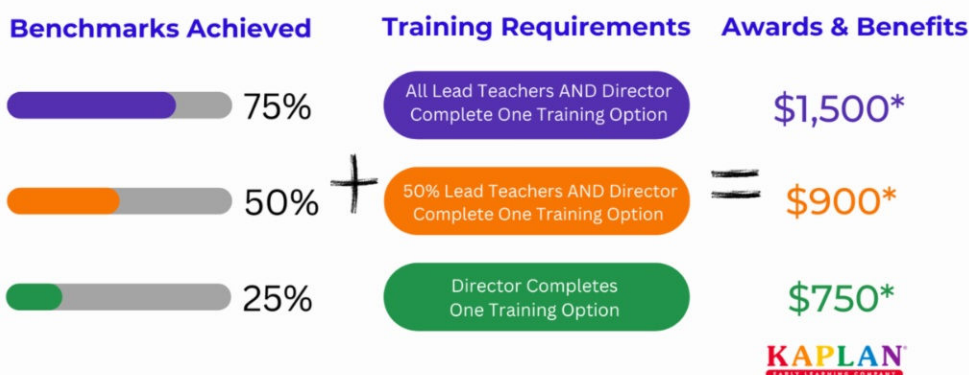


English Application

Aplicación en Español

Increased Award Levels

The Florida's HEROES award levels have now increased to \$700, \$900, and \$1,500 based on the percentage of benchmarks achieved in each focus area and professional development requirements. For more information, please reach out to Florida's HEROES directly at FloridasHEROs@gmail.com.



Additionally, if a child care program (1) submits additional documents within two years of submitting their original application and (2) increases the percentage of benchmarks achieved, they will be eligible to receive an additional award of the difference between their previous award level and the new award level.

Ready to apply? Submit your application to floridasheross@gmail.com.

Go NAPSACC Announcements

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



Go NAPSACC is an evidence-based tool designed to help child care 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

Award Opportunity

Child care programs will now receive an award amount of **\$400** in Kaplan dollars for participating in Go NAPSACC technical assistance in Florida **after** completing the following steps:

- Initial Self-Assessment
- Action Plan
- Post-Assessment (i.e. self-assessment >30 days after initial self-assessment)
- Four (4) touchpoints with a TA consultant (must be tracked by TA in Go NAPSACC)
- Signed attestation letter with TA



Once the above steps are complete, the award will be distributed through **Kaplan Early Learning Company** directly to the program director.

Interested in getting started? Submit an interest form below.

Submit an Interest Form

Please note: Child care programs that started the Go NAPSACC TA process prior to August 1, 2022 and complete any of the steps listed above after August 1, 2023, will also be eligible.

Trainings now qualify for annual in-service credits!

Go NAPSACC trainings now qualify for annual in-service credits (10-hour annual requirement) for child care personnel who care directly for children. Child care personnel must submit a Go NAPSACC training certificate to the Department of Children and Families for credit.

Resources, Training & Events

School Garden Grants



Florida Agriculture in the Classroom's (FAITC) School Garden Grant Program is designed to fund school garden projects that will educate Florida's students about the importance of agriculture, healthier meal options and allow teachers to use a school garden to teach Florida standards.

Read more at the link below for additional grant information, guidelines, and requirements.

[School Garden Grants](#)

Become a Breastfeeding Friendly Child Care Facility

Breastfeeding has many health benefits for both the mother and baby. Providing a supportive environment for breastfeeding at your child care facility can encourage new moms to continue breastfeeding, if they have the ability and choose to, after returning to work or school.

Learn how your facility can become designated as a **Breastfeeding Friendly Child Care Facility** at the link below.

Creating a Breastfeeding Friendly Child Care Facility



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 at the link below.

Learn More

FREE TRAINING! 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

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](#)

Get Involved

Join the Florida's HEROs Stakeholder Committee



The Florida's HEROs Stakeholder Committee is a group of diverse partners committed to obesity prevention in ECE settings.

- Meetings are quarterly
- Members promote healthy weight among children 0-5 years of age
- Members guide the development and expansion of the statewide technical assistance network and ECE recognition program

Next Meeting:
March TBD

[Get Involved](#)

Join the Farm2ECE Workgroup

The Farm2ECE Workgroup is a group of statewide nutrition and ECE stakeholders working to coordinate Farm2ECE efforts across the state with the goal of increasing usage of Farm2ECE best practices in ECE settings.

Join us the first
Wednesday of every month
11:30AM - 12:30PM EST.



Learn More

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



Funded by:



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Health Council of Southeast Florida | 600 Sandtree Drive, Suite 101, Palm Beach Gardens, FL 33403

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