

## Healthy, Hunger-Free Kids Act of 2010

The *Healthy, Hunger-Free Kids Act of 2010* is designed to provide all children with healthy food in child nutrition programs. Funding was authorized for federal child nutrition programs to increase access to healthy food for the nation's children. The goals for the *Healthy, Hunger-Free Act of 2010* are to provide children with healthier and more nutritious food options, educate children about making healthy food choices, and teach children healthy habits that can last a lifetime.

### Child and Adult Care Food Program

The *Healthy, Hunger-Free Kids Act of 2010* includes several provisions for the Child and Adult Care Food Program (CACFP). The law focuses on improving the nutritional value of the foods served through the CACFP. It features provisions promoting health and wellness in child care, reducing paperwork, streamlining program requirements, and increasing access to afterschool meals.

Some highlights of health and wellness provisions for the CACFP include making water available, serving low-fat milk, updating the CACFP Meal Pattern and nutrition standards, and incorporating more physical activity. Under the proposed regulations, drinking water must be made available and easily accessible to children throughout the day. The act calls for serving low-fat (1%) or fat-free (skim) milk to children over two years old and allows for nutritionally equivalent milk substitutions for non-disabled children. The

non-dairy beverages must meet nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients found in cow's milk. The CACFP Meal Pattern requirements and nutritional standards will be updated under this act to increase whole grains, fruits and vegetables, dairy, and lean protein foods. The act highlights increasing opportunities for adequate physical activity throughout the day.



Check out this website for other provisions.  
[http://www.fns.usda.gov/cnd/governance/legislation/CNR\\_2010.htm](http://www.fns.usda.gov/cnd/governance/legislation/CNR_2010.htm)

## Tips and Strategies for Implementation:

### Water Provision



- Purchase books about water and place in the library or dramatic play section of the classroom. For example: *Water* by Frank Asch and *The Water's Journey* by Eleonore Schmid.
- Talk about water in morning circle time. Let the children know that drinking water is available. Be prepared; children will request water more frequently when first introduced.
- Place cups beside the water fountain or the sink for easy accessibility.
- When children request water, distribute straws. Children often have fun when using straws.
- Teach children about the water cycle. For example:
  - Rain or snow occurs when there is lots of water in the air and the clouds become heavy. Rain, snow, sleet, or hail comes down to fill lakes, rivers, and oceans.
  - Some water is soaked up by the ground and stored until it is needed.
  - The sun comes out and heats the water. This turns the water to vapor in the air. Plants also add water to the air.
  - When vapor in the air gets cold, it turns back into liquid to form clouds. When the clouds get heavy, the cycle starts all over again.



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### Milk Provision

- Purchase books about milk and place in different sections of the classroom. For example: *From Cow to Carton* by Aliki and *The Milk Makers* by Gail Gibbons.
- Serve 1% milk ice cold to children above the age of 2.
- Allow children to serve themselves. Provide child-size pitchers and plastic cups.
- Create a milk theme board. Ask children different questions pertaining to milk and post on the theme board. Take pictures of children drinking milk and display on the theme board.
- Be a role model for children and drink milk with them.
- When introducing 1% milk, serve it with well-liked foods when possible.
- Serve milk in special cups and allow children to choose their special cup.



### ***Physical Activity***

- Incorporate physical activity in the daily schedule.
- Include music and dance.
- Purchase books about physical activity and place in different sections of the classroom. For example: *Are You Ready to Play Outside* by Mo Willems.
- Sign up for Let's Move! Child Care. Website: <http://healthykidshealthyfuture.org/welcome.html>.
- Be a role model for children by participating in physical activities with the children.
- Offer one-on-one assistance, and learn how children approach and respond to physical challenges. Movement and exercise have many benefits for adults too!
- Use rhymes, chants, songs, and marches to help children learn rhythm during movement.
- With the children's help, set up an obstacle course with chairs, cones, balls, and other items. Guide children on how to move through each part of the course so children can gain an understanding of directions in space such as over, under, around, and through.
- Involve all of the children. Play games in which everyone is actively involved instead of activities where children have to take turns at participating.
- For days where outside play is not an option, provide room indoors for music and movement activities. Put mats on the floor for tumbling, yoga, and movement. Play cooperative games using hula hoops, streamers, parachutes, and beach balls.

### **Sources**

- National Food Service Management Institute. (2009). *Creating an Active, Healthy Play Environment*. CARE Connection: Music, Movement and Play Connection. Retrieved from <http://www.nfsmi.org/documentlibraryfiles/PDF/20090827041303.pdf>.
- National Food Service Management Institute. (2008). *Drinking water for good health*. Mealttime Memo for Child Care, No. 3 2008. Retrieved from <http://www.nfsmi.org/documentlibraryfiles/PDF/20080603024048.pdf>.
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- United States Department of Agriculture. (2010, December). Healthy, hunger-free kids act of 2010. Retrieved from [http://www.fns.usda.gov/cnd/Governance/Legislation/CNR\\_2010.htm](http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm).

# Nutrition Highlights

## **National Message – USDA 2010 Dietary Guidelines Communications Message Calendar**

January through April's theme is "Balancing Calories" and the selected key message is "Enjoy your food, but eat less". To obtain more information, follow the link at <http://www.cnpp.usda.gov/Publications/MyPlate/CommunicationsMessageCalendar.pdf>.

## **Training**

NFSMI will host two free trainings – *Happy Mealtimes for Healthy Kids* and *Serving Safe Food in Child Care* on February 24, 2012. *Happy Mealtimes for Healthy Kids* was designed to teach child care staff best practices in feeding children. *Serving Safe Food in Child Care* is a comprehensive training designed to teach effective food safety techniques in child care. To register follow the link at <http://www.nfsmi.org/Events.aspx?id=114>.

## **National Conference**

National Anti-Hunger Policy Conference and National CACFP Leadership Conference will be held February 26-28, 2012. The conference will be hosted at the Capital Hilton in Washington, DC. The conference brings a very diverse group of professionals together for three days of training, networking, and advocacy to end poverty in America. The conference also focuses on strengthening the quality and reach of federal nutrition programs. To register follow the link at <http://www.antihungerpolicyconference.org/registration>.



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