

What Will You Do Tomorrow? A Healthy Start Role Model

What will you do tomorrow? It's the question Healthy Start asks participants at the end of training. How will centre staff take information and resources, and apply them to their daily routine? CSMFRC Child Care Centre in Dundurn has come forward with several positive responses to these questions.



Having received Healthy Start training in June, CSMFRC Child Care Centre spent the summer with the Healthy Start materials and resources and had made strides to be active outdoors, the cook tried out new recipes, and the centre had implemented a physical activity tracking system to ensure that children in each classroom were receiving the recommended (as per CSEP guidelines) 180 minutes of physical activity per day. As fall turned to winter, Director Jeanette had some concerns that physical activity might diminish, as time outdoors would surely dwindle when the weather turned cold.

To ensure this didn't happen, the centre's Healthy Start booster session focused on creating a variety of movement environments with the activities in LEAP HOP.

Shortly after the booster session, Lacey and Marnie were chosen to become Healthy Stars! The Healthy Stars assist Jeanette with the initiative by keeping centre staff connected to Healthy Start; passing questions along to the Healthy Start Program Coordinator. Lacey and Marie also laid the foundations for setting some centre wide Healthy Start goals. At a staff meeting, both Healthy Stars brought the initiative forward and together the staff created three goals that staff is eager to achieve.

The centre will continue to track physical activity, but want to reach a goal of 60 minutes of teacher led physical activity per day. To help achieve this, they have changed their programming to include a new LEAP HOP activity each week! As the children learn the activities and new fundamental movement skills, that activities can be modified or made more challenging.

CSMFRC Child Care Centre's second goal focuses around healthy eating by introducing children to new and unfamiliar foods. At least one new food a month will be introduced to the children through a variety of activities as well as through additions to the regular menu. For example, March's new foods are spinach

and radishes! Both will be added to a weekly salad, as well the LEAP *Food Flair* Spinach Dip will be used in the rotating menu. Director Jeanette stated that "it was a nice choice of foods, it leads into realistic plant gardening we can actually grow here." The centre may also try to incorporate different grains, like quinoa.

To be certain the centre continues to engage in and be positive about the initiative, the Healthy Stars set a third goal- Discuss Healthy Start at every staff meeting. This gives staff an opportunity to talk about how they are doing with the, ask questions, and receive information from Healthy Start. By facilitating these discussions, Marnie and Lacey are ensuring that the Healthy Start program will be sustained long after their implementation period.

To celebrate their involvement with Healthy Start, the centre is having two 'wrap up' days: a "Day in the Park" in May, which will focus on gross motor activities from LEAP HOP and a June "Food Party", which focuses on tasting different foods and recipes from *Food Flair*. Both activity days will include parents.

With continued focus on achieving goals, setting new ones as the centre progresses, discussion of Healthy Start, and two enthusiastic Healthy Stars, CSMFRC Child Care Centre is on track to remain a dynamic and engaged Healthy Start centre for years to come.

And the winner is...

In celebration of Nutrition Month, we invited all Healthy Start centres and classrooms to participate in the Healthy Start Recipe Challenge. Throughout March we asked educators to submit their favourite healthy and kid-approved recipe for a chance to win prizes.

We received a number of submissions and it was difficult to choose the winning recipe. We are pleased to announce that Playcare Children's Services Inc in Kindersley, SK and their double chocolate black bean brownie

recipe is the grand prize winner of the \$50 gift certificate from Wintergreen.

Honorable mentions also go out to Le centre éducatif Les petits pois in Bellevue, SK for their cauliflower patty recipe and Hope's Home in Prince Albert, SK for their fresh fruit roll-up recipe.

Thank you to everyone who participated. All of the submissions are featured on our website at: http://healthystartkids.ca/recipe_categories/2016-recipe-challenge/



Let's Make: Double Chocolate Black Bean Brownies*

*Reference: Recipe modified from Ontario Public Health Association, Nutrition Resource Centre: *Bake it up!*

Grand Price Winner - 2016 Healthy Start Recipe Challenge Playcare Children's Services Inc, Kindersley, SK

What you need:

- 2 cans black beans, drained, rinsed and mashed**
- 1½ cups whole wheat flour
- 1 cup unsweetened cocoa powder
- 2 tsp baking powder
- 1 tsp. salt
- 6 large eggs
- 2 cups granulated sugar
- ½ cup unsweetened applesauce
- ¼ cup canola oil
- 4 tsp. vanilla
- ½ cup miniature semi-sweet chocolate chips

How to:

1. Preheat oven to 350°F (180°C). Line two 8-inch (20 cm) square metal baking pans (or one larger pan) with foil, leaving a 2-inch overhang at opposite ends. Lightly spray foil with non-stick cooking spray.
2. In a large bowl, combine beans, flour, cocoa powder, baking powder and salt. With a wooden spoon, beat in eggs, sugar, applesauce, oil and vanilla until well blended. Stir in chocolate chips. Pour batter into prepared pans.
3. Bake for 40 minutes or until just a few moist crumbs cling to a tester inserted in the centre. Do not over-bake. Let cool in pan on a wire rack. Using foil overhangs as handles, remove

from pan and transfer brownies to a cutting board. Cut into squares.

**To mash beans, put in food processor. Add a little water if it won't purée.



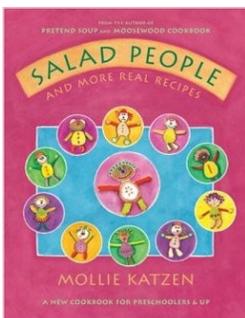
Healthy Start at the "Proud Past, Promising Future Conference"

Healthy Start was pleased to attend the Provincial Aboriginal Head Start Urban and Northern Communities (AHSUNC) conference on March 16, 2016 in Regina, SK. Two of our project coordinators, Tracy Sentes and Erica Stevenson, facilitated the 3 hour training with over 50 participants. There were representatives from AHSUNC centres from all corners of the province, including Cumberland House, Pinehouse, La Ronge, Regina, Saskatoon, Yorkton, Ile-a-la-Crosse, Sandy Bay, La Loche, North Battleford and Lloydminster. Healthy Start welcomes other early years professionals to join our trainings and we were happy to see KidsFirst and other family programs also attend on this day. The group learned about the Healthy Start program, how to manage picky eaters and easy ways to incorporate more physical activity into their classrooms. The participants also had the opportunity to try out some of the LEAP activities, which seemed to be the hit of the morning.

"Being able to be a part of this conference was an excellent and unique opportunity for Healthy Start to reach the urban and more remote communities that we otherwise would not have been able to travel to this year", says Tracy Sentes, Healthy Start Project Coordinator. "We are really looking forward to continue working with this great group of early years professionals."

A special thank you goes out to Delora Parisian and her team at Aboriginal Family Service Centre for inviting us to the conference and for helping organize the morning.

Active Books in your Library



Have your children help with cooking by playing "Chef for a day" (LEAP *Food Flair* pg 104-105)! First of all, choose a meal that you will prepare together. You can find easy-meal inspiration in *Salad People and More Real Recipes* by Molly Katzen or check our recipe of the month (See the "Cooking Together" section below). With the children, make a list of ingredients and utensils that you will need and have the children help to gather them. Start by having your mini-chefs wash the ingredients (if necessary) and help with the different preparation steps (measuring, mixing, adding etc.). If some steps are more difficult or potentially risky, take charge but keep the children engaged by having them tell you what to do. Once the cooking has finished, eat the meal together. You can use this activity to create your own illustrated recipe book!



Connect with us!

Saskatchewan Team:

New Brunswick Team:

306-653-7454

1-855-653-7454

info@healthystartkids.ca

506-863-2273

www.healthystartkids.ca



www.facebook.com/hsds.ca

https://twitter.com/HSDS_ca



Healthy Start is made possible through the funding and support of the Saskatchewan Network for Health Services in French and PHAC



The information contained in this newsletter is intended to inform early childhood practitioners and parents. The views expressed here do not necessarily reflect those of the Public Health Agency of Canada.