



HEALTHY LIVING MATTERS

Connecting Policy to the Future

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A Houston/Harris County Childhood Obesity Prevention Collaborative

Early Care & Education/Out-of-School Time Sector Edition August 2016



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RECIPES FOR HEALTHY KIDS

[Let's Move Child Care](#) & the [USDA](#) partnered to develop a recipe book full of tasty, healthy and exciting recipes submitted by school nutrition professionals, chefs, students, parents and community members. The [Recipes for Healthy Kids: Cookbook for Child Care Centers](#) features foods both children and adults should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar, and sodium.

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EatPlayGrow™

Early Childhood Health Curriculum

[EatPlayGrow™](#) is an early childhood health curriculum developed by the [Children's Museum of Manhattan](#) (CMOM) in partnership with the [National Institutes of Health \(NIH\)](#). EatPlayGrow™ is used to help teach children ages 6 and younger and their adult caregivers how to make healthy nutrition and *physical activity choices*. [Click here](#) to download a free copy of the curriculum.

The DSRIP Obesity Prevention program at [Harris County Public Health](#) (HCPH) is also using EatPlayGrow to teach young children about health. If you are interested in having HCPH staff work with you to help implement some of the EatPlayGrow activities, contact Brennon Sansom at bsansom@hcphe.org.



HCPH staff providing children information about nutrition using the EatPlayGrow curriculum.

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Texas Early Childhood Professional Development System

The [Texas Early Childhood Professional Development System](#) (TECPDS) provides resources and tools to help early childhood professionals meet their professional development needs and goals. One of these resources is the [Texas Trainer Registry](#), where qualified trainers and their training can be found.

In partnership with HLM, the TECPDS developed and sent out a [Call to Action](#) encouraging more trainers to submit proposals in obesity

prevention topics. Since sending this out last month, the TECPDS has received an influx of new proposals in this area. [Click here](#) to search the Registry for these great training opportunities!

HLM would like to acknowledge the following trainers who have signed and submitted the [Call to Action](#) and are committing to help make training in obesity prevention topics more available:

- Donna Miles, Director, Agape Christian Preschool
- Latitia Langford, Trainer/CEO, Elated Sunshine
- Stephanie Wilkinson, Trainer, stephaniElearning
- Mary E. White, Owner, Dr. Mary E. White International, LLC
- Amy Wingfield, Child Development Specialist, Innovative Health Solutions
- Christine Alderman, Early Childhood Teacher Trainer
- Natasha Owoseni, Traine, Integrity Training & Prof. Services
- Carolyn Allison, Consultant/Presenter, Smart Moves Consulting
- Sherry Hahn, Owner, Education Support Provider

FOR PARENTS & FAMILIES

Sometimes parents & families need help too. Here are some links to great recipe books and healthy cooking tips that you can share with them:

- [Deliciously Healthy Family Meals](#)
- [Healthy, Tasty, Affordable Latin Cooking](#)
- [Healthy Family & Kids Dinner Recipes](#)
- [Recipes for Healthy Kids: Cookbook for Homes](#)

EXAMPLE FROM THE FIELD

Are you a child care facility or out-of-school time program doing great things around nutrition or physical activity and would like us to share your story? Contact us at info@healthylivingmatters.net.

UPCOMING EVENTS

Texas Professional Home Child Care Association Conference

September 15-18, 2016

Wyndham Houston West Energy Corridor, 14703 Park Row, Houston, TX 77079

[More information](#)

Early Matters Child Care Resource Jamboree

Saturday, September 17, 2016

United Way of Greater Houston, 50 Waugh Dr, Houston, TX 77007

** Session(s) around nutrition available*

[More information](#)

Texas Association for the Education of Young Children Conference

Thursday, September 22 –24, 2016

Sheraton Dallas, 400 North Olive Street. Dallas, TX 75201

**Session(s) around nutrition/physical activity available*

[More information](#)

To view more events, visit our [Calendar of Events webpage](#).