

Title California Child Day Care Nutrition Training

People involved The work group included various experts in child nutrition, child care, and training from 3 state departments.

Background Implement AB 290 (Alejo) *Child day care: childhood nutrition training* which goes into effect across California on January 1, 2016.

Project Goals Develop standards to provide guidance to the State of California Emergency Medical Services Authority (EMSA)'s training directors who must develop and oversee the one hour curricula.

Methods In 2014, EMSA convened a work group to develop standards for the training required by AB 290.

Results Developed guidance for nutrition training such as requiring that it provide basic information about the USDA's Child and Adult Care Food Program, refer trainees to the California EMS Authority Child Care Nutrition Website for resources and additional information about children's nutrition, include content that is consistent with current Dietary Guidelines for Americans.

Developed required course content for Child Care Nutrition Training to include the following topics: a brief overview of the positive effect of healthy nutrition on the developing child, basic information about California's Healthy Beverages in Child Care Law (AB 2084), best practices for feeding infants and toddlers including breast milk, iron fortified formula, and introducing first foods, reducing foods high in solid fats, added sugars, and salt, use food labels to help you make healthy choices, use Best Practices for Building Healthy Eating Habits in Children including the division of responsibility based upon the current standards of the American Academy of Pediatrics, *Caring for our Children*, introducing the benefits of developing written nutrition policies with families for the child care setting.

The standards were sent to EMSA's Preventive Health and Safety Practices Training program directors on January 16, 2015. The nutrition web page was launched on the same day.

Summary/Discussion The EMSA Nutrition Web Page can be found at: http://www.emsa.ca.gov/childcare_nutrition where you will find the nutrition training standards, the EMSA Director's Bulletin that announced the standards to the public and to the training programs, the sample curriculum, and the web page with topics, text, resources, and links. If you are aware of any resources and links that we have not yet included, please send them to Suzanne for consideration.