Pass the Peaches, Please
Iowa Team Nutrition Training for CACFP Providers
Des Moines, Iowa ~ May 2013

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What about Childhood Obesity??

Building Healthy Children

What works best for families?

... a positive relationship characterized by sensitivity, honesty, trust and respect.

PLAN
1. Describe current trends in children’s weight, nutrition and physical activity.
2. Discuss importance of Ellyn Satter’s Division of Responsibility in Feeding.
3. List family strategies for raising children with a healthy weight.

PLAN
1. Describe current trends in children’s weight, nutrition and physical activity.
Lack of Physical Activity & Play
Youth activity trends all heading in the wrong direction:
- More screen time entertainment, less active play at home
- Less physical education, more desk time at school
- Fewer walks to school, more rides in cars
- Girls less active than boys
- Weekend less active than weekdays

Michelle Obama’s Let’s Move Campaign

2010 Dietary Guidelines for Americans

BULLYING and BMI
Focus on nutrition and physical activity for ALL CHILDREN.

Focus on FAMILY lifestyle changes.
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Eating Smarter …

… & Moving More

POSITIVE
SIMPLE
PRACTICAL
1 AT A TIME

Eyes on the Prize

RESOURCES
• Ellyn Satter Institute
  www.ellynsatter.com
• OPI School Nutrition Programs
  http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/
• Montana Team Nutrition
  http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html

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Thank you for
Passing the Peaches

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