

CACFP Short Course Update

CACFP Short Course will be held May 3-4 in Perry. The first day will be at the McCreary center (this is a change). The agenda includes topics of interest for both directors and cooks. The second day will be at the Hotel Patee and include breakouts for directors and cooks. Hotel Patee is offering rooms at the State rate of \$55 per night. Rooms are limited so don't wait to make your reservation (request your room under "CACFP Short Course" to receive the conference rate). We will email registration information in March.

Team Nutrition Update

The Two Bite Club and Discover MyPlate: Emergent Reader Mini Books are now available as eBooks! These free eBooks teach young children about the MyPlate food groups and include interactive features to test comprehension and make learning fun. Each eBook includes audio narration that highlights the text as it's read aloud, drawing and coloring palettes, colorful characters, and interactive games and mazes for children ages 4-7 years. The eBooks can be viewed on mobile devices and computers using certain eReaders.

I Am Moving, I Am Learning Tool

I Am Moving, I Am Learning (IMIL) is an initiative of the Office of Head Start to address the increase in childhood obesity among Head Start children. IMIL goals are to increase physical activity, improve the quality of movement, and encourage healthy food choices. The I Am Moving, I Am Learning (IMIL) tool is filled with quick and easy ideas for integrating movement, nutrition, and healthy habits into everyday life. It may be used by classroom teachers and other caregivers. Learn to add more movement into art and how to enhance nutrition concepts in group or circle time. It includes tips to share with families to help integrate learning into their daily routine with ease.

Let's Move Smart from the Start Preschool \$20,000 Award

The Smart from the Start Awards are designed to encourage preschool teachers to create practical, long-term improvements in nutrition and physical activity in the classroom. The Grand Prize is a \$20,000 grant for the preschool. Ten second prize \$2,500 cash grants will also be awarded. All prize winners receive a prize pack of books. The deadline is Thursday, March 3rd, 2016. [Click here for more information.](#)

Let's Move! Child Care (LMCC) is a nationwide call-to-action to empower early education and child care providers to make positive health changes in children that could last a lifetime. LMCC goals focus on physical activity, screen time, food, beverages, and infant feeding. The public and private partners supporting LMCC include the Office of the First Lady, White House Domestic Policy Council, Administration for Children and Families, Centers for Disease Control and Prevention, Health Resources and Services Administration, National Institute of Food and Agriculture, Food and Nutrition Service, Nemours, Child Care Aware of America, and University of North Carolina. For more information and help, email LMCCHelp@cdc.gov.