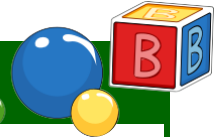




Preschools SHINE Elements and Criteria



Elements	Preschools SHINE Criteria
<p>1. Federal Child Nutrition Program Participation</p>	<ul style="list-style-type: none"> Participate in a federal child nutrition program and comply with federal and state requirements.
<p>2. Meal Quality</p>	<ul style="list-style-type: none"> Follow the appropriate federal child nutrition program meal pattern and implement the following practices: <ul style="list-style-type: none"> Healthy Beverages <ul style="list-style-type: none"> Limit juice intake to two 4-oz. servings of pasteurized 100 percent juice per week. Ensure water is accessible to children every day. Fruits and Vegetables <ul style="list-style-type: none"> Make at least one of the two required components of a snack a vegetable or a fruit. Provide a minimum of ½ c. per week of each of the following vegetable subgroups: dark green, red and orange, beans and peas (legumes), starchy, and other vegetables. A list of vegetables in each subgroup is located on the CDE Vegetable Subgroup List Web page at http://www.cde.ca.gov/ls/nu/ed/mealreq-mod1-vegsubgroup.asp. Whole Grains <ul style="list-style-type: none"> Provide at least two servings of whole grain-rich grains per day for full-day programs and one serving for half day programs. For more information on whole grain-rich products, visit the Choose My Plate Grains Web page at http://www.choosemyplate.gov/food-groups/grains.html. Limit serving noncreditable grain-based desserts to two times per month. Protein Foods <ul style="list-style-type: none"> Serve only lean meats, nuts, and legumes. Provide a minimum of ½ c. per week of dry beans and peas (legumes). Limit serving processed meats to no more than one serving per week. Oils/Others <ul style="list-style-type: none"> Limit serving purchased prefried food items to two times a month. Follow food safety principles and serve meals that are safe for preschoolers to eat.

For questions about Preschools SHINE, contact Courtney Hardoin, Nutrition Education Consultant, at 916-324-0578, or PreschoolsSHINE@cde.ca.gov.

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Elements	Preschools SHINE Criteria
3. Mealtime Environment	<ul style="list-style-type: none"> • Serve meals and snacks family style: <ul style="list-style-type: none"> ○ Staff members sit with children, model healthy eating, and eat the same meal that the children eat. ○ Children have adequate time to eat a meal or snack. ○ Staff members practice Ellyn Satter’s “Division of Responsibility in Feeding” principles.
4. Nutrition Education	<ul style="list-style-type: none"> • Provide healthy nutrition experiences for children at least twice monthly. • Display, in the site environment, healthy foods on posters, in storybooks, and on other materials.
5. Edible Gardening	<ul style="list-style-type: none"> • Provide enriching garden experiences for children. • Includes an edible indoor or outdoor garden.
6. Physical Activity	<ul style="list-style-type: none"> • Provide opportunities for unstructured physical activity for 60 minutes every day for full-day programs and 30 minutes for half-day programs. • Provide opportunities for structured physical activity for 60 minutes every day for full-day programs and 30 minutes for half-day programs. • Integrate physical activity into school-readiness activities. • Ensure that children are not sedentary for more than 60 minutes at a time. • Limit noneducational TV, computer, and electronic device time to 30 minutes per week.
7. Professional Development	<ul style="list-style-type: none"> • Key staff or leadership team members complete 15 hours of Professional Development Activities within the past three years which may include: <ul style="list-style-type: none"> ○ Online courses on two CDE-developed Web sites ○ Forums: Nutrition and Physical Activity and Meal Quality. ○ CDE-approved professional development activities at the discretion of the program lead (PreschoolsSHINE@cde.ca.gov)
8. Wellness Policies	<ul style="list-style-type: none"> • Adopt written wellness policies related to meal quality, mealtime environment, nutrition education, edible gardening, physical activity, and professional development.
9. Partnerships	<ul style="list-style-type: none"> • Establish partnerships with families and/or the community to support a healthy eating and physical activity environment at the site.
10. Leadership Team	<ul style="list-style-type: none"> • Establish a leadership team. Team members may include a director, provider, teacher, food service personnel (nutritionist, cook, menu planner), sponsoring organization’s monitor, or parents.

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