Missouri Eat Smart Guidelines for Child Care Wellness Grant

Eat Smart Grant Application for Centers

Center Name		Date
ABC Day Care		3/1/2013
Address: 518 Main St	City/State/Zip Code: Jefferson City, MO 61111	
Director or Project Contact Person: Jane Doe	Phone: 573-555-5555	CACFP Contract Number: 34232
Email Address: abc@daycare.com		

Description of Proposed Project (discuss how funding will be used to meet the Missouri Eat Smart Guidelines)

ABC Day Care's proposed project targets three specific areas in order for our facility to meet the Guidelines and to strengthen the nutrition services we provide to our children. These areas include:

1. **Staff training.** We plan to send our center director and lead teachers to Eat Smart Training so that they understand the importance of meeting the Guidelines and what we need to do to meet them so that they can support it. Our classroom staff will play a big part of meeting the nutrition environment guidelines and need to understand what they include. In addition, we plan to send our cook to culinary training to learn how to prepare fresh fruits and vegetables.
2. **Meal service.** Learning to eat healthy in a pleasant environment at an early age will make a positive difference for the children in our care, their parents and our staff. We want to be able to serve more foods family style, but lack the equipment to do so. We plan to purchase small serving bowls and spoons that the children can handle easily. We have about 60 children that would be able to participate in at least some type of family style meal service. In addition, we plan on purchasing tables and chairs to accommodate staff sitting and eating with the children at meal time. Our current tables are not large enough to allow staff to join the children at meals.
3. **Food preparation.** We do not have the necessary equipment to process fresh fruits and vegetables. In order to add more fresh fruits and vegetables to our menus, we need to buy the proper knives to process them and bowls and storage containers to store them in the refrigerator.

Our center has already started making improvements to our nutrition program to meet the Guidelines; however the funding from this grant will enable us to carry out activities that we would otherwise be unable to accomplish in the near future.

Goals (discuss what the center hopes to accomplish with the funding)

1. At least four people from our center will receive Missouri Eat Smart Training.
2. At least half of our food items will be served family style where it is appropriate.
3. We will serve at least one fresh fruit and/or vegetable every day.
4. Become an Intermediate Eat Smart Child Care.

Staff (list all staff involved in the project, their positions and their qualifications)

1. **Jane Doe**—Center Director and owner. Has owned ABC Day Care for 15 years, with over 20 years of experience in day care. Responsible for menu planning and setting center policies. Buys and prepares food and drinks when the cook is unavailable. Has Bachelor of Science degree in Child and Family Development and has attended Menu Magic and Nutrition 101 training from the Department of Health and Senior Services.
2. **Tammy Smith**—Lead Teacher. Has over 10 years of experience in day care and has worked at ABC for 6 years. Has bachelor's degree in early childhood education and has attended all of the trainings offered through the Missouri Department of Health and Senior Services.
3. **Julie Moore**—Cook. Certified Food Handler. Has over 12 years of experience cooking for child care. Has attended the Nutrition 101 and Menu Magic trainings from Missouri Department of Health and Senior Services. Responsible for buying and preparing all food and drinks for meals and snacks.
4. All teachers have at least an associate degree in early childhood education and get required training hours on various topics, including topics offered through the Child Care Health Consultation Program.

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