



Are you interested in a unique opportunity to receive new resources and support to enhance the nutrition and physical activity environments in your preschool?

Preschools Shaping Healthy Impressions through Nutrition and Exercise (SHINE) is a voluntary, statewide recognition program that offers coaching and technical assistance to child care providers that promote high-quality child nutrition and physical activity environments.



**Sacramento**  
Office of Education **County**

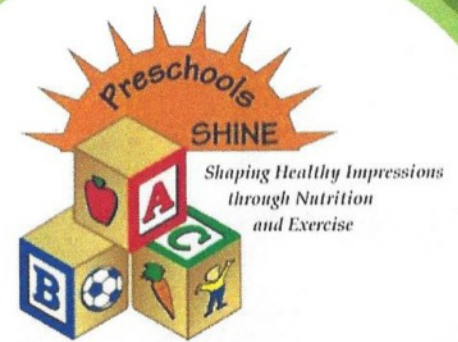
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# Preschools SHINE

Providing high-quality child nutrition, physical activity, and wellness environments





# Why invest in preschool nutrition and wellness activities?

Preschool is an optimal time to encourage children to develop healthy habits. Child care providers play an important role in supporting children and their families to make nutrition and wellness a priority.

Preschools SHINE can assist child care programs to enhance meal quality, nutrition education, and physical activity in their preschool environments.

## Preschools SHINE Program Eligibility

- ◆ Licensed early learning center or family child care home
- ◆ Participation in the Child and Adult Care Food Program (CACFP)
- ◆ Serving preschool age children

## Participating programs will receive:

- ◆ Professional development in the areas of nutrition and physical development to help shape preschoolers' eating habits and promote fun physical activity
- ◆ Ongoing coaching and technical support in the areas of nutrition, gardening, physical activity, and policy development
- ◆ Online courses through the Healthy and Active Preschoolers Web site: [www.healthypreschoolers.com](http://www.healthypreschoolers.com)
- ◆ Resources to enhance meal quality and implement an edible garden
- ◆ Curriculum materials and resources to enhance nutrition education and physical activity experiences for children



## Children will:

- ◆ Learn through active physical play
- ◆ Eat healthy meals and snacks served *family style*
- ◆ Participate in gardening activities
- ◆ Learn about nutrition in a variety of ways

