



# Blessed Assurance Christian Child Care Center

## **Contact Information**

<b>CACFP Sponsor</b>	YMCA of Greater Pittsburgh
<b>Child Care Facility Name</b>	Blessed Assurance Christian Child Care
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## **Description**

We are a licensed Group Home serving 10 children and located in Rankin, Pennsylvania. We have been in operation for 14 years, and we are nationally accredited with the National Association of Family Child Care (NAFCC), a Head Start provider, and CACFP Food Program participant.

## **Keystone STARS Level 4**

## **Category**

**Nutrition or Physical Activity Education** (through curriculum or other resource) – N8 Nutrition Education for Staff, Children, and Parents

## **Goal**

Our goal is to enhance our menu, nutrition curriculum, and cultural diversity education for our teachers, parents, and children.

## **Promising Practice**

I wanted to introduce the terms "diversity" and "culture" to the child care center. We needed to recognize that families within the same culture may have very different food preferences and practices, and families who have recently immigrated may have different food preferences than families who immigrated several decades ago. Families from neighboring regions may also have differing food traditions.

We introduced the terms "diversity" and "culture" to the children and incorporate the language into lesson plans. Each month or every other month, the children and lead educator picked a different country or region to study. We located that place on a map and investigated what foods are native to that area. We also explored the culture's customs and traditions. We emphasize the children's individual cultures into the story times. The multicultural food sets are used to demonstrate some of the foods that are common to different cultures. The sets are also used during story time, circle time, and creative play time.

## **Action Steps**

- Complete the PA NAP SACC Self Assessment to determine strengths and weaknesses.
- Identify goals for improvement.
- Complete the PA NAP SACC learning modules to increase your knowledge and get ideas.
- Select different countries to learn about – keep in mind the nationalities of the children in your center.
- Study the culture, food, and customs of different countries.
- Incorporate learning about nutrition and culture during playtime.

- Prepare a native meal or snack – include the children in the preparation.
- Talk about the food while you eat – the color, the smell, the taste. How are the foods similar to and different from other foods?

### **Materials**

<b>Item Purchased</b>	<b>Cost of Item</b>
Garden Heroes Plush Characters	\$59.99
Healthy Helping My Plate Floor Mat	\$32.19
Healthy Eating Book Set	\$58.39
Multi-Cultural Food Set	\$39.95
4 Food Groups Food Set	\$89.95

### **Advice**

Take advantage of the PA NAP SACC Self Assessment tool and the learning modules. You don't know how much you don't know, until you find out how much you don't know! Keep the passion and goal in focus when you research materials, curriculum, and other tools. There is a wealth of information available via the internet. Strive to keep parents, staff, and children motivated and involved. This was a very rewarding and enlightening learning experience.

### **Evidence of Success**

The children began to recognize multicultural foods from pictures and books and identified the corresponding culture. Children have a desire to utilize the dramatic play area in a more meaningful way by using the costumes and foods in their “meal preparations.” I hear them identifying their costume with the country, and they describe the foods they now have available that they were not exposed to before.