

## Approach and Management Plan

Eat Healthy Move More San Pablo will be managed by Catherine Stafford, the Child Health and Nutrition Manager at CocoKids. Catherine has a degree in dietetics and 30 years of experience in the field of child nutrition. Child Health and Nutrition Specialist, Rachel O'Neal, who has a degree in equitable and sustainable food systems with a focus on child health from UC Berkeley, will be the administrator. Rachel resides in the city of San Pablo and she will provide on-site training, resources and technical assistance to the licensed child care provider participants.

Outreach will be to the licensed child care provider community who reside in San Pablo and are on the Child and Adult Care Food Program under the sponsorship of CocoKids. A letter of commitment for participation will be signed by each participant prior to services.

Effort will be made to work with a local company for all produce deliveries. If no such company exists in San Pablo an effort will be made to find one in the near vicinity.

Coordination of the produce deliveries will include customizing the box, when possible, for variety and to ensure sufficient quantities of each item for consumption by all children at the child care site. An emphasis will be placed on vegetables to encourage the use of a larger variety.

The physical activity kit will consist of hand selected, reusable play equipment that will encourage a variety of gross and fine motor skills. Items will include items such as, scarves, beach balls, fluff balls, parachutes, move cubes and bean bags.

Materials, resources, training and TA for providers will be made available onsite and electronically when appropriate. Local parks will be featured to support the physical activity component of the project. Resources for families will be distributed to the child care sites for the providers to share with the families of the children attending the facility.

A variety of resources and materials for adults as well as age appropriate child resources will be distributed throughout the year. Examples include: Harvest of the Month recipe/tip sheets; children's books including, At the Farmer's Market and Potter the Otter Goes to the Market; Fresh Approach Farmer's Market Guide for Contra Costa County; Recipe books, such as Recipes for Healthy Kids by TEAM Nutrition; recipes using the produce that will be delivered that month; CDPH Physical Activity Resource Guide; Shape of Yoga booklet for families and Treasure Hunt activity book. Child care providers will be provided with monthly activities to engage their children and their families in healthy eating and being physically active.

Pre and post assessments will be made in-house and designed to evaluate the particular work we are doing for the project.