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National Nutrition Month® Workshops

USDA Food Program Participants Go Further with Food

Family child care providers in the USDA Food Program have been learning how to “Go Further with Food,” in keeping with the theme of National Nutrition Month. Providers had the opportunity at two Office for Children Community Education and Provider Services regional events to learn some healthy tips, try some new activities, and sample some new recipes that they can use in their programs.

National Nutrition Month is a nutrition education and information campaign created annually by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound habits for eating and physical activity.

“Go Further with Food,” this year’s theme, encourages each person to achieve the numerous benefits healthy eating habits offer and urges everyone to find ways to cut back on food waste. The workshop presenters outlined simple ways providers can create regular menus that include a variety of healthful foods from all of the food groups. They encouraged providers to reduce food waste by planning meals and snacks in advance, being mindful of portion sizes and getting creative with leftovers. These tips can help providers save both nutrients and money.

1. Child Care Specialist Dana Haynes introduces providers to a delicious recipe for healthy Tofu Scramble Roll-ups that they can include in their daily menus.
2. Providers try some fun physical activities featured in 2018 Nutrition Calendar and Record Keeping System. Child Care Specialist Tayanda Nesbitt encourages them to use similar activities in their programs each day.
3. Child Care Specialist Marilyn Frost teaches providers about nutrition basics using a fun game.
4. Nutritionist Abeba Tzeggai informs providers about a variety of whole grain foods they can incorporate into a menu.

CEPS Hosts Family Child Care Business Seminar

Featuring National Expert Tom Copeland

OFC's Half Day Business Seminar, Making the Most of Your Family Child Care Business, was packed full of great information from Tom Copeland, a nationally recognized expert in family child care. The participants were riveted by his lively common-sense approach to business topics including recordkeeping and taxes, child care contracts and marketing. Held on March 10, nearly 200 family child care providers attended this event to enhance their knowledge of the business side of owning a family child care program.

"Providers at our workshop loved Tom Copeland's fun, clear and concise presentation style," said Community Education and Provider Services Assistant Director Kamini Jassal. "He provided really useful

information in a way that everyone could understand."

Since 1981, Copeland has helped hundreds of thousands of people understand complex business and tax issues. First working as director of Redleaf National Institute for 15 years, now Copeland is an independent consultant, trainer, licensed attorney, family child care advocate, and author of 11 books on the business of child care.

Each workshop participant received a book from the Redleaf business series, "Family Child Care Record Keeping Guide," and a family child care business receipt book that complemented the information in the seminar. Providers also



received a file to start organizing their business records.

"We were very fortunate to offer this unique opportunity to hear a live presentation by Tom Copeland, a multiple award-winning expert on family child care," said CEPS Director Jene Moore.

CEPS hopes to bring Tom Copeland back next spring to continue developing providers' depth of business knowledge. Organizers are seeking to expand the venue so more participants can attend. For additional resources, visit his website at tomcopelandblog.com.

CCAR Gives Back through Food Drive

From March 14 - 30, staff with Child Care Assistance and Referral collected nonperishable food items to donate to a local food bank.



Throughout the year, Social Function Team members Marissa Meyer, Christine Dibiasio, Betty Callejas, Daniel Baum, Susan Hansell-Davis and Jody Withrow (not pictured) plan a variety of fun events for employees including this food drive.

CCAR's Social Function Team organized the food drive in which each CCAR regional office competed to see who could bring the most items.

During the two-week food drive, CCAR staff donated 753 items to stock the shelves of Food for Others, a food pantry that helps families in all parts of Fairfax County. The Fairfax Region collected the most with 360 items, and they enjoyed a bagel breakfast for their efforts.

Supporting families is at the heart of CCAR's work, whether it is through providing resource information and referrals to

families, engaging with the public at community outreach events, or through administering a child care subsidy that helps make quality care more affordable for parents.

This food drive was a tangible way to remind staff of the circumstances that may face many families they work with. It also helped to build a positive sense of community and camaraderie among the program staff.

CCAR Director Flor Phillips said "We are proud of our staff for coming together for a fun activity that shows the kindness in their hearts and the dedication they have for serving their community outside of their everyday duties."



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SACC Short Play Festival A Salute to Walt Disney; An American Icon

Children in SACC recently had the opportunity to demonstrate their theatrical talents at the Annual Short Play Festival. Inspired by this year's SACC curriculum – Heroes, Trendsetters and Icons – the theme for the festival was a Salute to Walt Disney; An American Icon.

The children performed adaptations of popular Disney films before an audience of their peers, parents and teachers at the James Lee Community Center Theatre in Falls Church.

Approximately 170 children acted, danced, sang, and served as stage managers, and light and sound technicians. Adjudicators from community and local professional theaters provided constructive feedback on each center's performance and guidance for each aspiring actor and actress.

Regional Supervisor Denise Chapa was originally inspired with the idea of a multi-center play festival six years ago, and she has enjoyed organizing and directing the event each year since. She explained, "The children work hard with the help and guidance of their SACC teachers for several months to adapt these short plays and prepare for the performances. Their excitement and pride in their accomplishments makes all the long hours worth the effort for everyone."

Participating SACC Centers included Camelot, Columbia, Fairhill, Little Run, Mantua, Shreewood, Stenwood, Wakefield Forest and Woodburn.



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1. Children at Wakefield Forest SACC try to convince "Ariel, The Wild Child of the Sea," that sea life is the best life.
2. Mantua SACC children join Mowgli as they share "Tales From The Jungle."
3. Fairhill SACC children foil "Cruella and Her Crooked Crew" and save the puppies.
4. Stenwood SACC children look "Beastfully Beautiful" as they sing and dance at the Beast's castle.
5. Mama Odie from Columbia SACC warns "Princess Diana and the Frog" about the creatures of the swamp.
6. Camelot SACC's pirates set sail to find lost parents in "Annie goes to Disneyland."

March into Playful Learning

School Transition Event Hosted by Neighborhood Team

Early childhood educators and families with young children in the Falls Church area took part in a fun, engaging community event coordinated by the Falls Church Neighborhood School Readiness Team.

The event called, “March into Playful Learning,” was held at Beech Tree Elementary School and featured:

- Hands on experiences to support social & emotional skill development, creativity, early literacy & math.
- Library card sign ups, and books for each child to take home.
- Early childhood resources.
- Engaging activities such as baby yoga, STEAM activities, putty making, and the Health Department’s Sugar Shocker (which demonstrates the amount of hidden sugar in popular drinks).

Families were excited to meet several Beechtree Elementary staff including Principal Karim Daugherty. A variety of Fairfax County government and community partners were also on hand to provide support and resources including:

- OFC’s Community Education and Provider Services and Child Care Assistance and Referral.
- Higher Horizons Head Start and Early Head Start
- Fairfax County Health Department
- Fairfax County Public Library
- Culmore Clinic
- Seven Corners Children’s Center
- Fairfax County Neighborhood Community Services

The Neighborhood School Readiness Project supports children’s successful transition to kindergarten by building community through neighborhood teams. These teams bring together stakeholders such as educators, community, county, school, and city representatives to support children’s success in school and beyond.

“This was a terrific opportunity for families to introduce their children to the school environment, find out about ways to help them transition to school and learn about valuable community resources,” said Mary McNamee, NSRT team leader.



Children and their families were encouraged to select books distributed by the school for them to take home and read together.



Parents and children explore letters and their sounds in this early literacy activity.



Families try out various puzzles and other hands-on learning experiences.

O F C Office for Children

This employee newsletter is published by the Office for Children, a division of the Fairfax County Dept. of Family Services. If you have any questions, contact Angela Morlu at 703-324-7528 or Nancy McDonough at 703-324-8042. www.fairfaxcounty.gov/familyservices



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