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**The State Physical Activity and Nutrition Program**

**Each applicant must propose work in Strategy 1 and Strategy 2 below. Strategy 3 is optional.**

**Complete the matrix below for each activity defined below.**

**REQUIRED Strategy 1:** **Breastfeeding Friendly Activities Implemented at Early Care and Education (ECE) Sites**

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| --- | --- | --- | --- | --- |
| **REQUIRED activity to support Strategy 1** | **Action Steps** (specific activities that assist in accomplishing the outcome) | **Responsible Party/Partners** (individual or agency responsible for action step) | **Outputs**  (e.g., products, new findings) | **Timeline** (estimated completion date) |
| **REQUIRED Activity 1:** Develop a written breastfeeding policy that shall be shared with all ECE employees as orientation/training and families as part of enrollment. | *Enter Action Step* |  |  | *Enter Date* |
| **REQUIRED Activity 2:** Offer a comfortable, private space for expressing milk or nursing for employees and families. The space should not be a bathroom, have a locked door, be shielded from view, have an electrical outlet, and include a hand hygiene station. |  |  |  |  |
| **REQUIRED Activity 3:** Complete an [infant feeding plan](https://drive.google.com/file/d/1ZWJcufb0W7wC3Mdm5KUpIIJ_fEmi2Y4j/view?usp=sharing) as part of enrollment with each family. |  |  |  |  |
| **REQUIRED Activity 4:** Encourage breastfeeding parents to visit the childcare center at any time during the day to nurse/feed expressed milk to their child. |  |  |  |  |
| **REQUIRED Activity 5:** Provide all breastfeeding employees with reasonable break time to express breast milk each time the employee has a need to express the milk. |  |  |  |  |
| **REQUIRED Activity 6:** Provide up-to-date printed and/or electronic breastfeeding resources for families and staff. |  |  |  |  |
| **REQUIRED Activity 7:** Develop a list of community breastfeeding services available for families and staff and refer as appropriate. |  |  |  |  |
| **REQUIRED Activity 8:** Complete at least 2 hours of cumulative breastfeeding training per year with all ECE staff. |  |  |  |  |
| **REQUIRED Activity 9:** Create a success story (written or video) of breastfeeding interventions. |  |  |  |  |

**Complete the matrix below for each activity defined below.**

**REQUIRED STRATEGY 2: Farm to ECE Activities Implemented at ECE Sites**

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| **REQUIRED activity to support Strategy 2** | **Action Steps** (specific activities that assist in accomplishing the outcome) | **Responsible Party/Partners** (individual or agency responsible for action step) | **Output**  (e.g., products, new findings) | **Timeline** (estimated completion date) |
| **REQUIRED Activity 1:** Provide a dedicated part-time (20 hours/week) Garden Coordinator who shall complete garden maintenance, provide direct gardening education to children at the site, and incorporate harvests into meal plans and/or snacks (This can be existing staff but must have dedicated hours for these activities. This could include multiple staff if 20 total hours of support are provided each week. The staff person(s) must also have direct education experience with preschool age children). | *Enter Action Step* |  |  | *Enter Date* |
| **REQUIRED Activity 2:** Create and maintain a garden. **Technical assistance will be provided as needed and coordinated by the CCCPH Branch.** |  |  |  |  |
| **REQUIRED Activity 3:** Incorporate the garden into the ECE curriculum. **Technical assistance and lesson plans will be provided by the CCCPH Branch as needed.** |  |  |  |  |
| **REQUIRED Activity 4:** Incorporate garden harvests into meal plans and/or snacks. **Technical assistance will be provided as needed and coordinated by the CCCPH Branch.** |  |  |  |  |
| **REQUIRED Activity 5:** Encourage children’s participation in food preparation that includes the garden harvest ensuring child-safe cooking tools are utilized. |  |  |  |  |
| **REQUIRED Activity 6:** Ensure theGarden Coordinator(s) attends two required trainings per year to include an initial garden set up training and off-season garden training in Year 1. |  |  |  |  |
| **REQUIRED Activity 7:** Ensure the Garden Coordinator(s) attends the required online virtual collaborative monthly meeting for continual training and technical assistance. |  |  |  |  |
| **REQUIRED Activity 8:** Create a success story (written or video) of Farm to ECE interventions. |  |  |  |  |

**Complete the matrix below for each activity defined below.**

**OPTIONAL STRATEGY 3: Recognizing ECE’s Advancing Children’s Healthy Habits (REACH) Program Designation at ECE Sites**

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| **OPTIONAL activity to support Strategy 3** | **Action Steps** (specific activities that assist in accomplishing the outcome) | **Responsible Party/Partners** (individual or agency responsible for action step) | **Output**  (e.g., # of trainings, partners) | **Timeline** (estimated completion date) |
| **OPTIONAL Activity 1:** Show progress towards achieving REACH program designation at ECE sites. The [REACH program](https://reach-recognition.org/about-us/) includes recognition in the following GoNAPSACC modules: Child Nutrition, Farm to ECE, Oral Health, physical activity, Outdoor Play & Learning, and Screen Time. | *Enter Action Step* |  |  | *Enter Date* |