

PA NAP SACC Innovative Practices in Nutrition and Physical Activity Policy

Child Care Center

Children's Space Learning Academy

Contact Person

La Shonna Polite, childrensspace5665@gmail.com

Do you participate in Keystone Stars?

Yes, Level 1



What is your early childhood education center like?

Children's Space Learning Academy is a state of the art daycare that serves children ages 6 weeks to 12 years old. Children's Space Learning Academy is a quality caring and learning center vowing to nurture, grow, and cultivate learning in order to enhance productivity within our young scholars. We serve approximately 36 students. Our childcare places a strong focus on interactive learning and growth, allowing our young scholars to enjoy themselves in a productive setting. We exercise their motor skills while developing their self-confidence and building friendships with other students. Our learning environment is inviting and welcoming. We are located in Southwest Philadelphia.

Where do you make an Innovative Policy Change?

Menus and Variety

What was the objective of your Innovative Policy?

The objective of Tasty Tuesday is to introduce unfamiliar foods to scholars and encourage scholars to eat healthy foods.

Describe your Innovative Policy?

Tasty Tuesday occurs every Tuesday. During Tasty Tuesday, caregivers are encouraged to eat with their scholars. During this time, CSLA provides a new, healthy food item for everyone to enjoy. Examples of Tasty Tuesday food items include star fruit, avocado, hummus, along with other food selections. Tasty Tuesday gives an opportunity for caregivers to teach about the importance of eating healthy foods, as well as, explaining the type of food that is to be eaten. Caregivers can describe the look, taste, and smell to help interest the scholars to eat the Tasty Tuesday food item. During Tasty Tuesday, caregivers may coach scholars to eat to further empower scholars to try new, healthy foods. Tasty Tuesday participants include all CSLA caregivers and scholars.

What action steps did you take to reach your goal?

The action steps taken to reach to make Tasty Tuesday a success were... First, give the CSLA staff members a survey to collect information on what types of food to serve on Tasty Tuesday and other feedback that is necessary for the CSLA Leadership team and kitchen cooks to implement the activity. Each week, purchase Tasty Tuesday food items, and add Tasty Tuesday food items to the menu. It was important to offer professional development on how to implement Tasty Tuesday in the classrooms. We recommended that caregivers make observations and take pictures during Tasty Tuesday. We used these observations to strengthen the CSLA Tasty Tuesday Innovative Policy.

What materials did you purchase to support your action steps?

- Proportioned plates
- Tasty Tuesday food samples
- LANA (Learning About Nutrition through Activities) curriculum, <http://lananutrition.com/>

How did you measure success?

Tasty Tuesday success was measured through the participation of caregivers and scholars in each classroom. Also, we consistently received and considered all feedback. All suggestions were implemented wherever possible.

What advice would you offer to other child care programs that want to try your Innovative Policy?

The advice that I would offer to other child care programs is that the only way that your children will begin to eat new healthy is if it is properly introduced by your caregivers. Caregivers have the power to reinforce to their scholars why it is important to try new foods, as well as increase their knowledge of different healthy foods.



Funding is provided by the Pennsylvania Department of Health through the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health federal grant and Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.