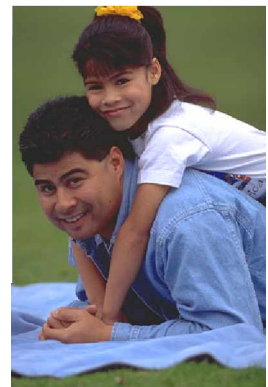


CHOMP Family Fun



***School-to-Home Nutrition & Health Activities
For Children and Parents***



**Created and designed by Department of Early Learning staff, parents, caregivers,
and early learning providers in Washington State.**

Acknowledgements

A project of this scope takes the dedication of many, many people that willingly give of their time and energy. Thank you for all you do!

The BFNEP Parent Focus Group
Families throughout Washington State.

The BFNEP Professional Advisory Group
Staff from ECEAP sites around Washington State.

State of Washington
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For more information, call: 1-877-980-9220 or on-line at: <http://www1.dshs.wa.gov/>

Estos materiales fueron preparados con fondos federales de USDA Basic Food Program y del Department of Early Learning del estado de Washington. El plan "Basic Food Nutrition and Education Plan" (BFNEP) del estado de Washington puede ayudar a las familias que califican a recibir educación y asistencia para la nutrición.

Para más información, llame al: 1-877-980-9220 o en línea a: <http://www1.dshs.wa.gov/>

Table of Contents

Key Messages	4
CHOMP: Philosophy	5
CHOMP: Background	6
CHOMP: Some Things to Think About.....	7
CHOMP: Tools for the Task.....	7
Activity Card #1 – A Porridge Story.....	8
A Porridge Story Template.....	9
Activity Card #2 – Apples Away	10
Apples Away Template	11
Activity Card #3 – Daily Doings.....	10
Daily Doings Template.....	12
Activity Card #4 – Letting Loose	13
Letting Loose Template	14
Activity Card #5 – Snazzy Snacks	13
Snazzy Snacks Template	15
Some Final Thoughts: Principles of Family Support.....	16

Key Messages



5-A-Day



**Daily Physical
Activity**

CHOMP Philosophy

CHOMP encourages children and adults to explore healthy eating and physical activity during their time together at home. Children and adults have fun as they learn about colorful fruits and vegetables, making healthy food choices, and finding ways of getting fun, physical activity.

CHOMP provides concrete, hands-on activities that combine nutrition messaging with simple learning activities, such as:

- socio-emotional skills,
- physical health,
- math skills,
- memory recall,
- early literacy skills.

With topics as personal as how and what we eat or how we get physical activity, it is especially important to accept families where they are right now. CHOMP can help families continue to identify their healthy habits and explore ways to build on them. Behavioral change takes time and energy, so be patient.

Take the time to introduce these activities in a newsletter, at a parent meeting, or as you meet-and-greet or say farewell to families in the classroom. Let them know that these activities are for a child and adult to try together. Tell them you're interested in hearing back from them how the activity went – what they liked and didn't like.

When you introduce the activity kits to families, keep in mind the two Key Messages of eating five or more fruits and vegetables each day, and getting daily physical activity. Focus on short bits of family-friendly information, such as:

- 1) Offering snippets of nutrition information to families to think about.
- 2) Demonstrating an activity kit to parents and caregivers ahead of time at a meeting.
- 3) Inviting parent and caregiver leaders to help assemble the activity kit bags and think of ways to introduce the bags to other families.
- 4) Supporting conversation between parents and caregivers so they can share information about ways they approach nutrition and physical activity in their family with each other.
- 5) Modeling healthy eating and physical activity in the classroom.

CHOMP

Children's School-to-Home Activity Kits

A parent and child at-home project to develop skills in nutrition, health, and school-readiness.

The CHOMP Project

- Focuses on parent and child learning time at home.
- Builds knowledge and skills in nutrition and health, family literacy, and school-readiness.
- Supports parents as their child's first and most important teacher.
- Offers child care and early learning staff a ready-made set of activities that can reinforce and enhance families' nutrition and health skills.

Programs Need

- Staff interested in working with parents and caregivers to assemble and distribute the activity kits.
- Parents and caregivers interested in connecting with other parents to strengthen healthy eating and physical activity in their community.
- A meeting place for staff and parents to assemble the activity kits.

The Result?

- Increased knowledge of nutrition and physical activity for families.
- Child and parent together time while trying out fun activities that promote healthy lifestyles and on-going learning.
- Children build school-readiness skills working with their parent or caregiver.
- Child care and early learning providers have more opportunities for connecting with parents and caregivers about the learning and growing young children do!

CHOMP: Some Things to Think About

CHOMP involves young children and their families in learning about nutrition and health. Children learn in early childhood about healthy eating and keeping their bodies active – and what they learn in those first few years stays with them as they grow up.

The following activities are framed in ways that support children’s developing skills in math, literacy, socio-emotional growth, and other school-readiness areas. The emphasis is on children and parents learning together at home using fun, creative ideas that encourage them to eat healthy and be physically active.

Early learning and child care providers play an important role in supporting parents as their children’s first and most important teachers. The CHOMP activities offer a tool to help providers and parents connect as they go about the business of nurturing and teaching young children.

Parents as First Teachers

The CHOMP project supports the notion that parents are their children’s first and best teachers. CHOMP offers some fun and lively learning resources for parents and caregivers to use in this important role.

Parents Supporting Parents – Families Learning Together

CHOMP recognizes that families who receive support from others are more likely to make behavior changes or maintain new healthy behaviors. Make sure to include parents and caregivers in the assembling of the activity kits.

CHOMP: Tools for the Task

Where Do the Kits Come From?

Parents, caregivers, and early learning providers worked together to create these activities. The activity pages are available for public use by downloading them from here:

<http://www.del.wa.gov/Nutrition/nutrition.shtml>

You will need adobe reader to download these materials.



What Do the Cards Look Like and How Many Are There?

The cards are in color, with English and Spanish language on the same card. We suggest reproducing them cardstock, so that they are more resistant to wear-and-tear. There are five activity cards:

- *A Porridge Story*
- *Apples Away*
- *Daily Doings*
- *Letting Loose*
- *Snazzy Snacks*

Additionally, there are two booklets in English and Spanish that can be distributed with the activity card or separately:

- *Curlylocks and the Three Bears*
- *Indoor Fun*

What Else Do We Need?

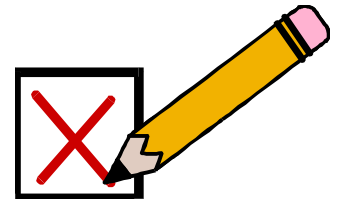
Each activity could include a variety of props to help children and parents with the activity. Suggestions for props are made with each activity template over the next few pages. Programs will also want to assemble a team of parents, caregivers, and staff to put the kits together.

What Do We Send the Kits Home In?

We suggest using 1-gallon size or larger plastic bags that zip. Other programs might choose other options, such as:

- Brown paper bags that children could decorate ahead of time
- 5-a-day plastic bags http://www.pbhcatalog.com/acatalog/Color_Way_Grab_Bags.html#aTCW_2dGBAG

Note: If your children ride the bus to or from preschool, make sure you check the rules for carrying backpacks or materials on the bus first.



Activity Card #1 -- A Porridge Story

What Is This Activity About?

It combines some key nutrition messages about healthy foods, exercise, and choices in a framework of early literacy and socio-emotional growth. Children and parents can read the *Curlylocks and the Three Bears* story together and then practice telling the story by acting it out at home. The child has space to draw a picture relating to her experience with this activity on the card. To download the *Curlylocks and the Three Bears* booklet, go to: <http://www.del.wa.gov/Nutrition/nutrition.shtml>

What Does the Individual Kit Contain?

- One activity card, titled *A Porridge Story*
- One booklet, titled *Curlylocks and the Three Bears*
- One or more prop items

Choose props based on factors like family preferences or dietary needs, and program budget constraints. The list below is meant as general ideas – feel free to do what works best!

- Two oatmeal packets (sugar-free, if possible)
- A packet of honey
- A snack-size box of raisins
- Cinnamon

Activity Card #1 Template - A Porridge Story

A snuggly story and tasty treat to share.



Something to Try

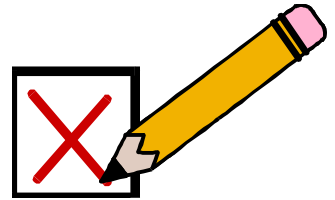
- Mix oatmeal packet with hot water. Add fruit – try banana, raisins, or blueberries. Or some honey or cinnamon.
- Snuggle up together and read *Curlylocks and the Three Bears*. Help your child draw a picture of the story. Or let your child tell you their version of the story, and write it down for them.
- Act out the story! Try different voices for Curlylocks and the Bear Family. Find some props, such as plastic bowls, spoons, kitchen chairs, blankets for beds, a teddy bear or doll.

My Favorite Part of Curlylocks and the Three Bears

My Name Is: _____ Date: _____

Adult Helper: _____ Time Spent: _____

Activity Card #2 -- Apples Away



What Is This Activity About?

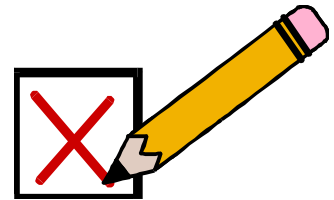
It combines some key nutrition messages about eating fruit in a framework of working together and practicing early numeracy skills such as counting, measuring, and estimating. Children and parents slice, count, compare, and eat an apple together.

What Does the Kit Contain?

- One activity card, titled *Apples Away*
- One or more prop items.

Choose props based on factors like family preferences or dietary needs, and program budget constraints. The list below is meant as general ideas – feel free to do what works best!

- One or more apples



Activity Card #3 -- Daily Doings

What Is This Activity About?

It combines some key nutrition messages (eating five or more colorful fruits and vegetables each day) in a framework of tracking what is eaten and grouping the fruits and vegetables by color. Children and parents use the chart on the activity card over a week's time to keep an eye on how many fruits and vegetables they eat each day, and if they eat a variety of colors.

What Does the Kit Contain?

- One activity card, titled *Daily Doings*
- One or more prop items

Choose props based on factors like family preferences or dietary needs, and program budget constraints. The list below is meant as general ideas – feel free to do what works best!





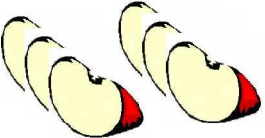

- Stickers
- Markers
- Stampers

Activity Card #2 Template – Apples Away

A nutritious snack and fun math activity all in one.
Children can learn counting, measuring, estimating
and teamwork helping cook.



Something to Try

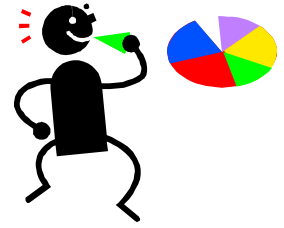
	<p>Help your child wash and dry the apple. Ask her how many apples she sees.</p> <p><i>(Expect some giggles and splashing.)</i></p>
	<p>Carefully slice the apple into halves. Ask how many apples she sees now!</p> <p><i>(Answers will vary!)</i></p>
	<p>Finish cutting the apple into many slices. Count the apple slices with your child.</p> <p><i>(Remember! Learning to count takes time and practice!)</i></p>
	<p>Help your child compare apple slices to the number of her fingers. Ask her if she has more apple slices than fingers, or less?</p> <p><i>(She may want to count your fingers, as well!)</i></p>
	<p>Make two stacks of the apple slices. Which apple stack is bigger? Smaller? The same size? Ask your child to eat a slice or two, and compare again.</p> <p><i>(Apple slices make interesting blocks – go ahead and play!)</i></p>
	<p>Eat a slice or two of the apple. Count the slices again. Repeat!</p> <p><i>(Children love to learn with you! Have learning fun with your child every day!)</i></p>

My Name Is: _____ Date: _____

Adult Helper: _____ Time Spent: _____

Activity Card #3 Template -- Daily Doings

Does each family member eat five or more fruits and vegetables each day? Tracking habits and patterns over time can help you see what you eat each day.



Something to Try

Think about all the fruits and vegetables you eat: fresh, frozen, canned. In soups, salads, casseroles, sandwiches, 100% juice, or on their own. What colors did you eat today? Tally up the amounts in the chart below!

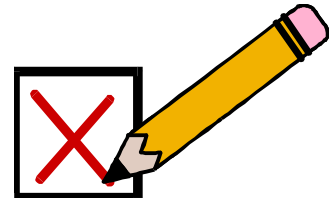
Colorful Fruits and Vegetables We Eat Every Day

	Red	Orange	Yellow	Green	Blue	Purple
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

My Name Is: _____ Date: _____

Adult Helper: _____ Time Spent: _____

Activity Card #4 -- Letting Loose



What Is This Activity About?

It combines some key messages about the importance of daily physical activity – even in rainy or snowy winter weather -- in a framework of matching heart rates to different activities. Children and parents use the chart to record how fast or slow their heart beats as they try different activities such as walking, running, or hopping. To download the *Indoor Fun* booklet, go to: <http://www.del.wa.gov/Nutrition/nutrition.shtml>

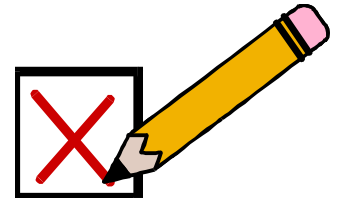
What Does the Kit Contain?

- One activity card, titled *Letting Loose*
- One booklet about indoor fun physical activity, titled *Indoor Fun*
One or more prop items.

Choose props based on factors like family preferences or dietary needs, and program budget constraints. The list below is meant as general ideas – feel free to do what works best!

- Masking tape
- Water bottle with water
- Yarn strings

Activity Card #5 -- Snazzy Snacks



What Is This Activity About?

It combines some key nutrition messages with daily physical activity focusing on big and little hands making healthy snacks together, and exploring different tastes, textures, and colors. Children and parents can use the snack ideas as a launching pad for other healthy snack ideas. The card contains space for the child and parent to put in a favorite snack idea of their own.

What Does the Kit Contain?

- One activity card, titled *Snazzy Snacks*
- One or more prop items

Choose props based on factors like family preferences or dietary needs, and program budget constraints. The list below is meant as general ideas – feel free to do what works best!

- Granola
- Raisins
- Sesame seeds
- Banana chips

Activity Card #5 Template -- Snazzy Snacks

A healthy snack between meals helps kids learn and grow.



Something to Try

1. Try a different snack each day with your child. See the Snazzy Snack Idea Pack!
2. Talk to each other about your favorite snack – the color, the taste, the texture.
3. Ask your child to draw a picture of her favorite snack.

If you are unsure about peanut allergies in your family, do not use peanut butter or other nuts without doctor approval first.

Snazzy Snack Idea Pack

Ants on a Log



You will need:

- 2-3 celery sticks, washed
- Peanut butter or cream cheese
- Raisins or sunflower seeds

Cut the celery sticks into half.
Spread peanut butter or cream cheese on the inside (like filling the inside of a canoe!)
Put raisins or seeds on top of the peanut butter or cream cheese. Enjoy!

Veggies-on-the-Go

You will need:

- Sturdy fresh veggies, such as:
- Celery sticks
 - Carrot sticks
 - Other fresh veggies you like!



Wash and slice the veggies. Put a few sticks of each veggie in plastic containers or Ziploc baggies. Take with you on errands for those nibbly moments when you and the children are ready for a snack!

Gorp'n Along

You will need:



- Dried whole grain cereal or granola
- Raisins
- Banana chips
- Nuts or seeds

Each family member puts a handful of cereal and dried fruit in their bag. Close the bag and shake up. Now you have a tasty treat to go with your water on family walks!

(Note: "Gorp" is a term for trail mix.)

My Favorite Snack

My Name Is: _____ Date: _____

Adult Helper: _____ Time Spent: _____

Some Final Thoughts

CHOMP works best when offered to families as a partnership. Family health happens in many ways – no one way is the only right way. By offering families time to connect with each other and other families, nutrition and health messages offer are more likely to be heard.

Principles of Family Support

Adapted from Family Support America 1998

We all work together in relationships based on equality and respect.

Our work enhances families' capacity to support the growth and development of all family members.

We recognize each individual as a resource to their family members, to other families, to programs, and to communities.

Our work affirms and strengthens cultural, racial, and linguistic identities, and enhances our ability to function in a multicultural society.

Our work is embedded in the community and contributes to the community building process.

We advocate with families for services and systems that are fair, responsive, and accountable to those we serve.

We work with families to mobilize formal and informal resources to support family development.

Our work is flexible and continually responsive to emerging family and community issues.

We model principles of family support in all our work including planning, governance, and administration.



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