

Healthy FUNdamentals

Up to one half-time Healthy FUNdamentals Coordinator will work with child care providers, children in their care and parents in targeted child care facilities serving children ages 2-5; and families of preschool aged children throughout the community on increasing knowledge of good nutrition, wellness and the importance of physical activity. The Healthy FUNdamentals Coordinator will be trained in the Be Active Kids curricula and offer two trainings per year on this curriculum. Health and Wellness information will be provided to participating child care providers and families with children in their care. Newspaper articles, parent education sessions and an email menu planning program will be offered to increase knowledge of good nutrition and the importance of physical activity throughout the community. Programs may include offerings of healthy snacks, as well as health and wellness materials and supplies for children, families and child care providers based upon topics covered.