

One-Day FREE Training Wellness in Alaska Child Care



The **Wellness in Alaska Child Care (WIACC)** training will ensure that classroom education, the classroom environment, and staff behavior all promote and reinforce habits of healthy eating and physical activity among children in the childcare setting.



♦ **Active Play!** Developed by Diane Craft, PhD that focuses on physical activity that can be conducted indoors and outdoors, in both small and large spaces.

Two areas of concentration during 7 hour training: Physical Activity & Nutrition

8:00 a.m.—5:00 p.m.

Juneau—April 11th, 2011

State of Alaska, EED, Goldbelt Building

Anchorage—April 12th, 2011

University of Alaska Anchorage

Fairbanks—April 14th, 2011

Alpine Lodge



♦ **National Food Service Management Institute** will facilitate training on two resources related to nutrition:

More Than Mud Pies provides full weekly lessons that include recipes, games, songs, and other activities following the weekly theme

Happy Mealtimes for Healthy Kids, provides training on family style dining in the child care



**Registration Deadline is February 28th—
Limited Space Available**

Limited travel scholarships available for CACFP Programs—see Training Scholarship Application (deadline February 28th)

CACFP affiliated centers and sponsors of family day care homes who attend training are eligible to apply for mini-grants for program supplies to implement training.

Meets 7 hours of licensing training requirement

For more information please contact Hannah Barril at (907) 465-4969

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