

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

Florida Department of Children and Families

The Florida Department of Children and Families Childcare Regulation is responsible for licensing over 1,100 childcare centers in the Miami-Dade and Monroe Counties. As a former grant participant and advocate of the Let's Move Campaign, the department has initiated and continues to maintain its "Let's Make Healthy Happen Miami" attitude in support of the Communities Putting Prevention to Work program. Our efforts to date, continue to reflect the recommendation of best practice studies which encourage early introduction and education of children on the benefits of healthy meals and snacks. Our goal is to encourage childcare providers to incorporate healthy meals and snacks as well as increased physical activity into their classroom curriculum and schedule.

At the local level, we continue to pave the way for our childcare providers by providing them with technical assistance on the importance of at least 60 minutes of physical activity throughout the day. As we move forward, we are eager to provide selected venue trainings in exchange for in-service training hours. We anticipate working with our community to continue their support in these valuable training initiatives throughout the year.

We have continued support at the state level which has mobilized a statewide initiative to echo this work throughout the state of Florida. In addition, the State Office of Regulation will continue to advocate for legislative action needed to mandate and regulate policy and enforcement procedures to ensure these practices are being carried out in our childcare centers. Our goal is to include policy language that will mandate the 60 minutes of fitness and play coupled with healthy meals and snacks, as well as decreased screen time in the child care setting for children 0-5.

Future training dates will be forthcoming to providers as a reminder of the importance of this initiative. We will use these trainings as opportunities to share tips with licensed childcare providers, students and their families routinely. Finally, we will continue to remain an active partner with the Miami-Dade County Health Department in the campaign to fight childhood obesity.



- Gale R. Morris
Florida Department of Children and Families
Children Issues Committee

November 2012

Volume 2, Issue 11



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Cooking with Short Chef

Arroz con Pollo



Ingredients

- 2 tablespoons olive oil
- 2 large onions peeled and sliced
- 3 green peppers sliced into strips
- 5 lbs chicken leg quarters
- 3 cloves garlic, crushed
- 4 cups of yellow rice mix
- 2 lbs of turkey kielbasa cut in 1/2 inch circles
- 2 cups garbanzo beans or black beans
- Optional: 1 box of frozen peas

Directions

1. Heat oil in a large pot.
2. Add onions, peppers, and garlic— season to taste.
3. Sauté for 5 minutes over medium heat.
4. Add tomatoes and cook for 15 to 20 minutes.
5. Add cooked chicken.
6. Let simmer for 30 minutes or until hot— season to taste.
7. Lay cooked yellow rice on a platter and scoop the chicken mixture over and enjoy!



Have an Active Thanksgiving!

When you think of the holidays, what is the first thing that comes to mind? Family? Food? Football? This year, let's add another two words to that list: Physical Activity. Being physically active together is a great way to spend quality time, make new memories, and even burn a few extra calories. All it takes is some enthusiasm and ingenuity. Try some of the following ideas or come up with your own. You never know, you may be creating a family tradition that will be passed down just like your favorite family recipes.

Thanksgiving Physical Activity Ideas:

- **Gobble Picnic:** If the weather is nice, take your dinner to the local park and have a picnic. Incorporate games like tag, or go for a family walk and enjoy.
- **Family Football:** After watching your favorite football teams play, go outside with your family, split into teams and play your own game. Have prizes selected for the winners to make it more exciting.
- **Thanksgiving Scavenger Hunt:** Make up a scavenger hunt and have the whole family participate after dinner.
- **Dance your Meal Off:** Clear some space, and make it into a dance floor. Have everyone contribute to the play list; this way you get to learn some new tunes while you learn some new moves.
- **Join a Thanksgiving Day Walk:** Participate in walks taking place throughout your community or start your own.
- **Volunteer:** Give back to your community! There are many opportunities to volunteer and help those in need during the holiday season. Look for opportunities with your local shelters, churches, schools, etc.

We hope that you will try to incorporate some new healthy and active habits into your Thanksgiving traditions. If you do, please share with us, and they will be highlighted in the next edition of the Consortium Connection. Send in a short summary of what you tried and how it went to mirelys_amos@doh.state.fl.us.

Happy Thanksgiving!

- CPPW Staff



Upcoming Events

The Miami-Dade County Health Department

Cordially invites you and your family to our

COMMUNITY Health Fair

West Perrine Health Center
18255 Homestead Ave,
Miami, FL 33157

Saturday, December 15, 2012
9:00 AM to 1:00 PM

ACTIVITIES WILL INCLUDE:

- ♥ Health Screenings (Blood Pressure, Cholesterol, Glucose, Spinal, Lead, and STD)
- ♥ Health Information
- ♥ Referrals
- ♥ Giveaways
- ♥ Music
- ♥ Prizes & much more!

FREE!

For additional information, please call: (305) 234-5400, ext. 2503



For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org