

# Midwest *minutes*

SUPPORTING WOMEN AND CHILDREN IN  
NEBRASKA AND SOUTHWEST IOWA SINCE 1980

## Are you looking for a web site just for YOU?

...that is besides Midwest's web site. The one I would recommend to any child care professional would be [Child Care Info.com](http://ChildCareInfo.com). This web site has it all:

- Exercise and Movement for children
- Classified Ads – you can sell or buy toys and equipment
- Network – talk with other providers like you
- Knowledge Center – anything you would like to know about child care
- Tools to assist you with your business
- Free – How to Build a Web Site
- Blogs on Child Care

Try it – you will like it

## Family Child Care and Center-Based Providers are Teachers!

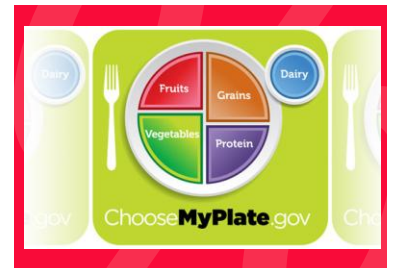
Jacqueline Crocker learned that Jo-Ann Fabrics does not recognize Family Child Care Providers or Center Based Child Care Providers as teachers and therefore did not extend benefits of their Teacher Rewards program to these types of providers.

Jacqueline, knowing this is wrong, did something about it. Instead of simply venting on forums with those in her profession, she acted and has spurred action among others. Tom Copeland has interviewed Jacqueline and posted a blog, to know more about it you can the blog, "Are Family Child Care Providers Teachers?" [here](#). Instead of rehashing what Tom has already so succinctly written, I want to give you some tools to encourage your peers to make a difference and educate the organizations that do not recognize you as teachers.

[Jo-Ann Fabrics](#) finally changed their policy and now as a child care provider; as long as you are licensed you can participate in the Teacher Rewards program.

Child care providers have a voice...it just needs to be heard!

## USDA REPLACES THE PYRAMID with *MY PLATE*



## MY PLATE

USDA's new food icon, [MyPlate](#), serves as a quick visual reminder to all consumers to make healthy food choices when you choose your next meal, built off of the [2010 Dietary Guidelines](#) for all Americans. MyPlate can help prioritize food choices by reminding us to make half of our plate fruits and vegetables and shows us the other important food groups for a well-balanced meal: whole grains, lean proteins, and low fat dairy.

### Get Active – Let's Move

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity. Children need 60 minutes of play with moderate to vigorous activity every day to grow up to a healthy weight.

If this sounds like a lot, consider that eight to 18 year old adolescents spend an average of 7.5 hours a day using entertainment media including TV, computers, video games, cell phones and movies in a typical day and only one-third of high school students get the recommended levels of physical activity. To increase physical activity, today's children need safe routes to walk and bike ride to school, parks, playgrounds and community centers where they can play after school, and activities like sports, dance or fitness programs that are exciting and challenging enough to keep them engaged.

[Let's Move!](#) aims to increase opportunities for kids to be physically active, both in and out of school and to create new opportunities for families to move together.

Special emphasis has been placed on children in day care. You will be hearing more about this project and how you as a child care provider can participate in this important movement. Check out Midwest's Newsletter for training workshops you can attend.

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