

Goals for Healthy Beverages in Child Care Centers and Homes

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Healthy Beverage Action Plan

Effective January 1, 2012, the Healthy Beverages in Child Care Act (AB 2084) states that all licensed child day care facilities in California must comply with certain beverage requirements:

- Water available to children at all times, including at meals and snacks.
- Only 1% or nonfat unflavored milk served to children ages 2 and older.
- No more than 1 daily serving (in age appropriate portion size) of 100% juice.
- No beverage containing natural or artificial sweeteners .



Help make the child care environment healthier for the children in your care by adopting the Healthy Beverage Action Plan!

Adapted from: Shilts, M. et al. Goals for Healthy Kids. (2011).

Goals: What's all the Fuss?

Goal: Something you want to change or achieve.

When setting a goal, select a major goal and minor goal.

The **MAJOR** goal is the big picture or long-term goal.

For example: Provide more water to children during the day.

The **MINOR** goal is an action plan or what you are going to do this week.

For example: Serve water at all meals and snacks during the week.



Use this to help you set a GREAT G.O.A.L.

G Going to do. Something you are adding, not something you are taking away. “I am going to...”

O On target. Exactly how you will do it. Be specific.

A Attainable. You know you can do this.

L Linked. Your major goal is linked to your minor goal.

Healthy Beverage Goals

Check one major goal you would like to work on. Then choose one of the minor goals beneath it to work on this week.

Major Goals

Focus on one of the beverage categories under AB 2084:

- Water
- Milk
- 100% fruit juice
- Sugary drinks

3 ways to do this would be:

Minor Goals

1. _____

2. _____

3. _____

Healthy Beverages Goal Contract

Writing what you plan to do and sharing it with others will help you reach your goal.

Copy the goal you selected. Then, sign the contract. You can also ask a colleague, such as another member of your child care facility or another child care provider, to sign it, too.

I will try my best to:

Your signature

A colleague's signature

New and Improved Goals

Over the next few weeks, select new beverage goals to work on!

Week 2: _____

Week 3: _____

Week 4: _____

Week 5: _____

Barriers

What's Getting in Your Way?

A barrier is something that gets in the way of reaching your goal. Recognizing barriers can help you figure out solutions so you can achieve your goals.

What are some barriers to your goals?

Solutions or ways to get around the barriers:



Reward Yourself!

You deserve it!

When you try to make a change and set a goal, remember to reward your accomplishments and do it often.

Knowing that you are going to be rewarded for your hard work will motivate you to reach your goal. Plan ahead how you will reward yourself when you reach your goal.



List 3 ways you can reward yourself for reaching your goal this week.

1. _____
2. _____
3. _____

Rewards don't have to be costly!

Here are a few examples: bubble bath, watch a movie with friends, pedicure at home, a special treat like flowers, lip gloss, candle, book, or CD.

Cues

How to Stage Your Life for Success



Get rid of negative cues and stage your life for success

What are some cues that may get in your way of reaching your goals this week?

What are some positive cues that may help you reach your goals this week?

What are cues?

Cues are things that cause you to act.
Examples: post-it note reminders, water bottles filled with water, etc.

Cues can be positive or negative.
Positive cues lead to healthy actions.
Negative cues-get in the way of healthy actions.

Roadmap for the Future

Why is it that we often set a goal or try to make a change and then never get to reach it? Making a change is difficult but following the tips below will help you.

Make sure the goals are **short-term**.

- Instead of: This summer, I will limit juice intake to once a day.
- Try: This week, I will only serve juice once a day.

Set goals that are **specific**.

- Instead of: I will provide healthier beverages for the children in my care.
- Try: I will not provide beverages that have any natural or artificial sweeteners in them (e.g., fruit drinks, lemonade, soda, horchata).

Set goals that are challenging but **realistic**.

- Instead of: The only beverage I will serve is water.
- Try: I will serve water at snack and meal times every day this week.



Remember to **TRACK** your progress,
establish positive **CUES**, and most of all,
REWARD yourself for all your success.

Using the goal tips above, create a new goal for this week.

Example

I will try my best to:

Only serve 100% fruit juice once a day

(Goal)

3 days this week

(Number of days this week)

Your Goal

I will try my best to:

(Goal)

(Number of days this week)

Track Your Goal

Example

