

# WOW (Workshops on Wellness) and Nutrition Building Blocks

## COURSE DESCRIPTIONS

### WOW (Workshops on Wellness) 10 am - 12 pm (2 hrs. CACFP credit)

Kansas Child and Adult Care Food Program (CACFP) was awarded a three-year grant from the U.S. Department of Agriculture (USDA) to improve health and nutrition in children. Through the grant, wellness guidelines were established in three major components: **nutrition, nutrition education, and physical activity**. To assist in transitioning to the components of the wellness guidelines, facilities (centers and homes) can apply for grant money. Attend this training to learn about the wellness guidelines and receive information on completing the application to apply for grant money. Pre-registration is required.

### Nutrition Building Blocks 1 pm - 3 pm (2 hrs. CACFP credit)

Based on materials developed for the "I Am Moving, I Am Learning" approach, this class will discuss the importance of good nutrition and how it can affect other learning areas. It will describe research-based information to guide adults and children's nutrition practices. Participants will also learn new strategies for improving nutrition choices in the child care facility and in the home. Pre-registration is required.

## DATES AND LOCATIONS

1. February 9, Kansas City, White Church Christian Church
2. February 15, Wichita, Woodland Lakes
3. February 16, Parsons, KSU Research Center & Experiment Station
4. February 21, Garden City, Holiday Inn Express
5. February 22, Hays, Highway Patrol Office
6. February 23, Salina, Masonic Center
7. February 29, Topeka, First Baptist Church

**Complete the registration information below and return 7 days prior to the class.**

Print Name: \_\_\_\_\_ Class Number: \_\_\_\_\_

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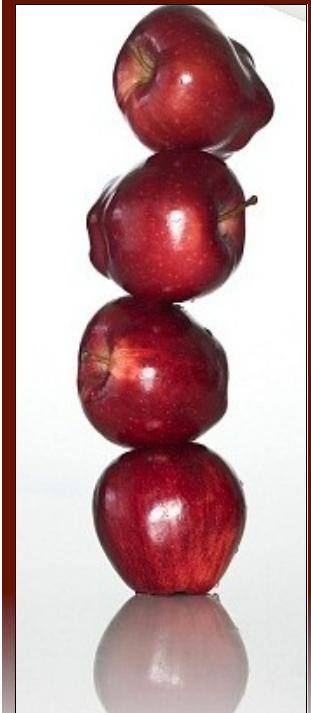
Print Name: \_\_\_\_\_ Class Number: \_\_\_\_\_

Sponsor Number (D0, J0, P0, X0): \_\_\_\_\_ Sponsor Name: \_\_\_\_\_

County: \_\_\_\_\_ Email: \_\_\_\_\_

Contact Phone Number (in case of cancellation): \_\_\_\_\_

**Mail to: KSDE, Child Nutrition and Wellness, 120 SE 10th Avenue, Topeka, KS 66612**  
**Fax to: 785.296.0232**



**Kansas State  
Department of  
Education**

**Child and  
Adult Care  
Food Program**

