

Nutrition & Physical Activity State Plan

Missoula Early Head Start (A Program of Ravalli Head Start, Inc.)

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The mission of Ravalli Head Start, Inc. is to identify and meet specific needs of low-income and other eligible children and families in a manner consistent with federal Head Start regulations and best practices. As a result of these efforts and services, children and their families will enter the future as more productive, confident, self-reliant and successful members of society.

Activities Relevant to State Plan to Prevent Obesity: We provide a healthy environment for both our center-based and home-based programs and educate parents on nutrition, physical activity, and breastfeeding.

Services/Recipients: We serve 72 low-income infants, toddlers, and pregnant women and their families.

State Plan Settings: Early Childhood

CDC Behaviors:

- Increasing fruit & vegetable consumption, decreasing sugar-sweetened beverage consumption, and decreasing consumption of energy dense foods (> 4 calories/gram) by following CACFP guidelines to provide healthy meals and snacks, and educating parents about nutrition through home visitors and an annual parent committee presentation.
- Increasing breastfeeding by educating prenatal mothers about breastfeeding, encouraging and accommodating breastfeeding mothers in our center, and becoming a breastfeeding-friendly workplace.
- Increasing physical activity through following an outdoor play policy to ensure the children are outside and active every day, and educating parents about physical activity through home visitors an annual parent committee presentation.
- Decreasing screen time through not providing TV in our centers.