

# Nourishing Healthy Eaters in ECE Project Overview



Nourishing Healthy Eaters in Early Care & Education (ECE) is a series of workshops that build ECE professionals' knowledge on healthy eating behaviors and child nutrition. The project uses a Train-the-Trainer (TtT) model to develop the capacity of trainers and technical assistants (T/TA) to facilitate workshops on the nutrition best practices for infants and young children in ECE settings. Nemours Children's Health has developed comprehensive training resources to include:

- Three evidence-informed presentations on child nutrition with speaker notes
- An implementation guide to support content delivery to ECE program staff
- A toolkit to support the delivery of technical assistance at the program level

The Nourishing Healthy Eaters content was developed to meet the needs of ECE professionals working in Head Start, Early Head Start, Child Care Centers, Family Child Care, and Preschool settings. NHE workshops can be delivered in sequence or independently.

Training Objectives include:

- Describe nutrition and the role of nutrition in wellness
- Recognize the importance of healthy eating for infants, toddlers, and preschoolers across developmental domains
- Communicate with families about healthy eating for children
- Understand responsive feeding in infants, toddlers, and preschoolers
- Discuss the developmental stages of becoming a healthy eater and common challenges
- Identify the role of ECE providers in nurturing healthy eaters
- Create an action plan centered on teacher practices

Interactive online modules are available for the [Introductory Session](#) and [Nourishing Preschoolers](#) on the Healthy Kids, Healthy Future Website. The 90-minute modules include videos, reflective activities, and self-assessments. After completing each module, participants can print a completion certificate and access a list of supplemental resources.

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