

**Supplemental Funds for Nutrition and Healthy Eating for
Head Start Children and Families**

ACF-OHS-PI-25-02

Orange County Head Start

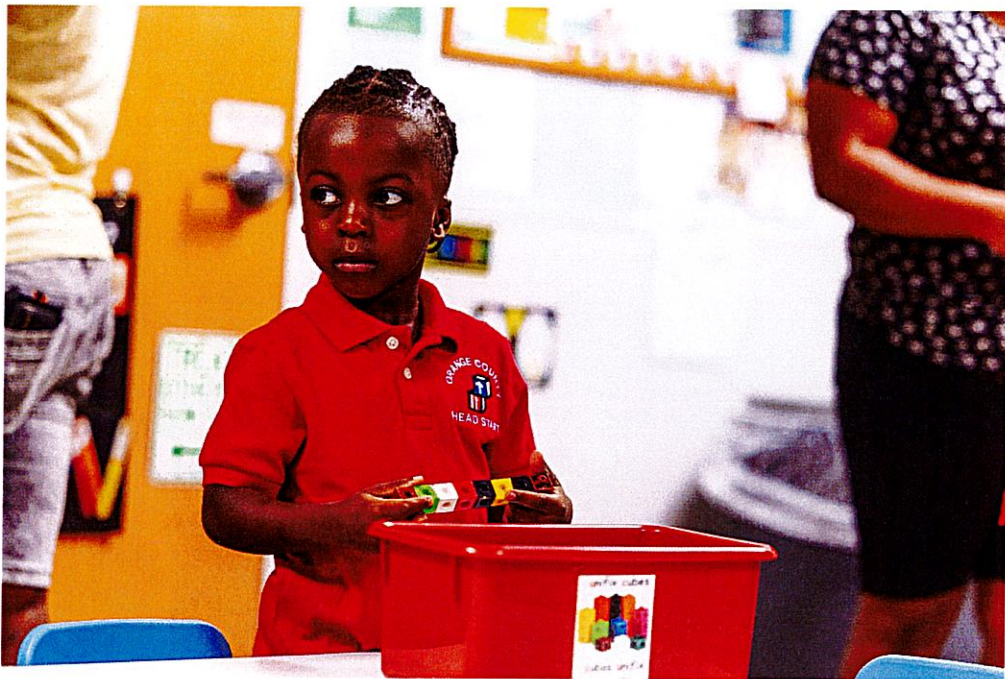


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Orange County Head Start – Nutrition and Healthy Eating Initiative Funding

Orange County, Florida, is home to over 1.47 million residents, with 33.8% identifying as Hispanic/Latino and 23.5% born outside the United States. Our 2025 Community Assessment highlights the diversity and rapid growth of the population we serve, as well as persistent socioeconomic challenges that directly impact children's access to healthy food. More than 15% of children under five live in poverty, and food insecurity affects many of our enrolled families, with limited access to fresh produce and culturally relevant healthy food options. Rising housing costs and stagnant wages place further strain on family budgets, making nutritious meals harder to prioritize.

During the 2023–2024 program year, Orange County Head Start served over 1,700 children across 23 centers, maintaining 97% funded enrollment and exceeding the federal requirement for children with disabilities within the first three months of the school year. However, our Community Assessment and parent surveys revealed key barriers to healthy eating, including inadequate kitchen equipment in some sites, insufficient refrigerated storage for fresh produce, and a lack of designated breastfeeding spaces. Families also expressed interest in more nutrition education, culturally responsive cooking demonstrations, and connections to local food sources.

To address these needs, Orange County Head Start proposes a multi-faceted nutrition enhancement plan that directly aligns with the Office of Head Start's allowable uses for this one-time supplemental funding:

Population Needs and the Role of Nutritional Supports in Achieving Better Outcomes

Orange County, Florida, is a rapidly growing and diverse community with over 1.47 million residents. The 2025 Community Assessment shows that 33.8% of the

county's population identifies as Hispanic/Latino, and 23.5% is foreign-born. Families enrolled in Orange County Head Start reflecting this diversity, with many speaking a language other than English at home and bringing unique cultural food traditions into our classrooms. This rich diversity provides opportunities to integrate culturally relevant and health-conscious meals, but it also highlights the need for targeted nutrition supports to ensure all children receive balanced, nutrient-dense diets that meet USDA guidelines.

Poverty remains a significant barrier to accessing healthy foods. More than 15% of children under five in Orange County live below the federal poverty level, and cost-burdened households are more likely to live in areas with limited access to affordable fresh produce. Many Head Start families face competing demands regarding their household budgets, making less expensive, ultra-processed foods a common choice. Our parent surveys confirm that families want greater access to fresh, culturally familiar ingredients and guidance on how to prepare healthy meals within their financial means.

Nutritional support is essential for closing this gap. Research affirms that proper nutrition in early childhood is directly linked to brain development, improved learning capacity, stronger immune systems, and reduced risk of chronic diseases such as obesity and diabetes. For Orange County Head Start, integrating expanded nutrition services such as on-site preparation of fresh foods, classroom cooking demonstrations, family garden projects, and bilingual nutrition workshops will directly contribute to better attendance, increased focus during the program day, and healthier long-term eating habits.

1. Food Service Upgrades

Industrial Refrigerator Replacement

Currently the industrial refrigerators at our Taft and East Orange Head Start centers need replacement. Currently the refrigerators leak and struggle to maintain a consistent temperature. By upgrading these refrigerators, increasing refrigerated storage for fresh produce, and partnering with local farms, Orange County Head Start can model healthy eating practices while ensuring every child receives the nourishment they need to thrive. This support will help us address the specific socioeconomic and cultural factors identified in the Community Assessment, ultimately improving both immediate wellness and lifelong health trajectories for the children and families we serve.

Industrial Refrigerator Replacement Budget

Description	Budget Amount
2 Industrial Refrigerators for Taft and East Orange Head Start	Unit \$3,400.00
Total Cost	\$6,800.00

Skywell Water Dispenser Installation at Community Sites

As part of Orange County Head Start's Nutrition and Healthy Eating Initiative, we propose purchasing and installing Skywell water dispensers at our community site programs 53 classrooms. These state-of-the-art systems generate clean, filtered drinking water from the air, eliminating the need for bottled water deliveries from our central warehouse. This shift directly supports our nutrition goals by ensuring that

children, families, and staff have convenient, continuous access to fresh water throughout the day promoting hydration as an essential component of healthy eating and overall wellness.

In addition to supporting daily hydration, the Skywell units will reinforce our classroom nutrition education by modeling healthy beverage choices over sugar-sweetened drinks. This aligns with USDA dietary guidelines and the I Am Moving, I Am Learning (IMIL) program's emphasis on the connection between physical activity, hydration, and learning readiness.

Currently our Warehouse Specialist distributes 5-gallon bottles to all 83 classrooms. By eliminating bottled water delivery from the warehouse, we will reduce vehicle trips, fuel consumption, and associated costs, allowing those resources to be redirected toward fresh food purchases, nutrition education materials, and family wellness activities. The change also reduces plastic waste, supporting environmental sustainability efforts that complement our farm-to-table and garden-based education projects.

Skywell machines use atmospheric water generation technology to produce clean drinking water directly from the air. A built-in fan draws in ambient air, which is cooled below its dew point so that moisture condenses into droplets. The collected water is stored in a tank and then purified through a multi-stage system that may include mechanical filtration, UV light sterilization, ozone treatment, and ultrafiltration, with some models adding minerals for taste. Once purified, the water can be dispensed hot or cold on demand, thanks to integrated heating and cooling elements. Skywell units also feature interactive screens or apps that monitor water production, usage, and

environmental benefits, while providing maintenance reminders for air filter cleaning and filter replacements. This process eliminates the need for plumbing or bottled water, offering a sustainable and self-contained hydration solution.

This initiative will increase hydration access as all children and staff at participating sites will have continuous access to clean, filtered water, with teachers reporting increased frequency of water consumption during the program day through an installed data screen hosted by avatars promoting children's participation. The avatars on Skywell Water Machines provide a playful, interactive way for young children to engage in healthy hydration habits while supporting multiple areas of early childhood development. For 3- to 5-year-olds, the animated characters help transform a routine task into a fun, rewarding experience that promotes independence and self-confidence. Friendly prompts and visual cues from the avatars guide children through the steps of filling their cup, fostering sequencing skills, memory, and problem-solving. These interactions also strengthen fine motor skills and hand-eye coordination as children position their cup, press buttons, and manage pouring—all essential school readiness abilities.

Beyond motor and cognitive benefits, the avatars help build social-emotional and language development. Positive reinforcement from the characters ("Great job drinking water!") models encouraging language and teaches vocabulary connected to wellness. By making water consumption exciting and achievable, the avatars support Head Start goals for nutrition education, helping children choose water over sugary drinks. This approach not only meets developmental objectives across multiple Early Learning

Outcomes Framework domains but also reinforces lifelong healthy habits in a way that feels natural, engaging, and age appropriate.

We can also look at the environmental impact through reduction of an estimated 6,000 pounds of single-use plastic waste annually and decreased vehicle fuel use from warehouse deliveries. Skywell machines are This investment will ensure that hydration, an often overlooked but critical part of healthy eating, is fully integrated into our daily Head Start experience, supporting better concentration, physical energy, and long-term health for the children and families we serve.



Skywell Machines



Skywell Water Machines Budget

Description	Budget
(53) Skywell Water Machines	\$8,000.00
Total	\$424,000.00

Replacement Water Coolers for Public School Sites

Replacing old water coolers in Orange County Public School (OCPS) Head Start classrooms directly supports the Nutrition and Healthy Eating Initiative by improving access to clean, safe drinking water, an essential component of healthy dietary habits. Following Covid-19, watercoolers were placed in the classroom to eliminate the sharing of water fountains. Recently, these water coolers were reaching their lifespan and breaking down.

When children have reliable access to fresh water throughout the day, they're more likely to choose water over sugary beverages, which helps reduce the risk of childhood obesity, tooth decay, and other diet-related health issues. Updated water coolers also ensure that water is dispensed at safe temperatures and in hygienic conditions, aligning with best practices for early childhood health and safety.

In addition, modern water coolers can be more energy-efficient and easier for young children to use independently, fostering autonomy and reinforcing healthy hydration habits. By creating a classroom environment that visibly prioritizes water consumption, educators can model and encourage positive behaviors that extend beyond the school day. This infrastructure upgrade complements nutrition education efforts by making healthy choices more accessible and reinforcing the message that

water is the best beverage for growing bodies. It also supports Head Start's comprehensive approach to child wellness, integrating physical health, nutrition, and environmental quality into everyday learning spaces.

Water Cooler Budget

Description	Budget Amount
(33) OCPS Water Coolers	\$300.00
Total Cost	\$9,900.00

Vehicle for Nutrition Service Area

Orange County Head Start (OCHS) operates 23 centers across a geographically diverse area, serving 1536 children and families. Our nutrition staff are responsible for monitoring meal service, delivering nutrition education resources, supporting family engagement events, and ensuring compliance with USDA Child and Adult Care Food Program (CACFP) requirements. These responsibilities require frequent travel between sites, often transporting specialized nutrition equipment, classroom materials, and culturally relevant food items for lessons and events. Currently, staff rely on personal vehicles or coordinate with other departments for transport, creating inefficiencies, scheduling delays, and limitations on what can be delivered.

The absence of a dedicated vehicle for nutrition services directly impacts on our ability to provide timely, consistent support to all sites. Without reliable transport, staff may not be able to deliver food preparation kits, classroom toolsets, or fresh produce for nutrition activities on schedule. This can delay planned lessons, limit family engagement opportunities, and disrupt the integration of nutrition education into daily classroom

routines. Additionally, personal vehicle use presents challenges in transporting bulky or perishable items safely and in compliance with health and safety standards.

The purchase of a dedicated nutrition vehicle aligns with the objectives of ACF-OHS-PI-25-02, which provides guidance for the use of one-time supplemental funds for health and safety projects, equipment purchases, and investments that strengthen program operations. A dedicated vehicle is a durable, non-recurring investment that will enhance service delivery, reduce operational bottlenecks, and improve program-wide efficiency. The vehicle will be used exclusively to support Head Start nutrition activities, ensuring that every site has equitable access to high-quality nutrition education materials, fresh foods for classroom exploration, and resources for family engagement events.

This investment will also support compliance with Head Start Program Performance Standards related to health and nutrition services (45 CFR §1302 Subpart D), which require programs to integrate health and nutrition education into the learning environment and provide meals and snacks that meet CACFP guidelines. Timely delivery of materials and food items is essential to meeting these requirements with fidelity. A dedicated vehicle will enable our nutrition team to conduct more frequent site visits, provide on-the-spot coaching for classroom staff, and respond quickly to emerging needs.

In addition to operational benefits, this vehicle will contribute to long-term program sustainability. It will be maintained within OCHS's existing fleet management structure, ensuring regular service and safe operation. The one-time purchase will have an ongoing impact, improving our ability to deliver nutrition services efficiently and

effectively for years to come. By removing transportation barriers, we can strengthen our commitment to equitable, high-quality nutrition education for all children in our program.

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Vehicle for Nutrition Service Area

Description	Budget Amount
Nissan Rogue	\$32,000.00
Total Cost	\$32,000.00

2. Promoting Healthy Eating Materials and Supplies

Classroom Toys, Learning and Training Materials

To support the goals of our Nutrition and Healthy Eating Initiative, we propose the integration of educational toys and manipulatives into early childhood learning environments. These hands-on tools such as food models, sorting games, and pretend-play grocery sets offer developmentally appropriate ways to teach children about healthy eating. By providing each classroom a “Promoting Healthy Eating Classroom Kit”, through play-based learning, children can explore food groups, portion sizes, and balanced meals in a way that is engaging, memorable, and aligned with national nutrition education frameworks like USDA’s MyPlate and the Head Start Early Learning Outcomes. These materials also foster social-emotional development, language skills, and motor coordination, making them a valuable cross-disciplinary investment.

Funding will be used to purchase durable, culturally responsive manipulatives that reflect the diverse backgrounds of our families and communities. These resources will be incorporated into classroom activities, family engagement kits, and educator training sessions to ensure consistent and meaningful use. By making nutrition education interactive and fun, we aim to increase children’s familiarity with healthy foods, reduce resistance to trying new fruits and vegetables, and strengthen family involvement in wellness practices. The long-term impact will be improved dietary habits, greater health literacy, and a stronger foundation for lifelong well-being.

Materials purchased will also support educational training within our Nutrition and Healthy Eating Initiative, we will utilize a variety of evidence-based resources designed to enhance knowledge and instructional capacity. Materials from [Nutrition.gov](https://www.nutrition.gov) offer free,

printable handouts such as MyPlate activity sheets, food safety brochures, and healthy eating tips that can be easily integrated into workshops and classroom lessons.

Additionally, SNAP-Ed provides comprehensive curricula and visual aids aligned with the Dietary Guidelines for Americans, covering essential topics like meal planning, budgeting, physical activity, and gardening ideal for both classroom use and community outreach.

To further strengthen nutrition literacy, we will incorporate the FDA's Nutrition Education Toolkit, which includes interactive guides focused on understanding the Nutrition Facts label and making informed food choices. These resources will be used to build a robust training module that equips educators, caregivers, and community health workers with the tools they need to promote healthy eating habits effectively. Materials and supplies will support the entire initiative.

Promoting Healthy Eating Classroom Kit Example



Materials Budget

Description	Budget Amount
Printed Materials	\$500.00
Promoting Healthy Eating Classroom Kit	\$29,750.00
Total Cost	\$30,250.00

"Generations in the Garden" – Connecting children, families, and community through hands-on growing and learning.

Orange County Head Start will implement the Intergenerational Garden Learning Project, integrating a research-based garden curriculum developed by the University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) Extension Orange County into the HighScope curriculum and aligning with the Head Start Early Learning Outcomes Framework (ELOF). The project will establish gardens at each center, maintained and co-taught with the support of UF/IFAS Extension-trained Master Gardeners and enriched through the participation of grandparent volunteers. This combination of curriculum, expertise, and intergenerational engagement will provide children and families with meaningful opportunities to connect nutrition, science, and family engagement.

Gardening will be embedded into large group time, starting with a classroom pre-exercise where children make predictions about what they expect to see or learn during that day's garden visit. This structured pre-observation routine builds scientific reasoning skills through prediction, observation, and analysis; strengthens math skills through measurement, counting, and comparison; and supports language and literacy development through descriptive vocabulary, sequencing, and group discussion. Children will also participate in voting activities to decide which crops to plant, offering early exposure to civic decision-making while reinforcing counting and comparison skills.

An intergenerational component will further enrich the program by recruiting grandparent volunteers to work alongside the Master Gardener and teaching staff.

These volunteers will share cultural traditions, gardening skills, and personal stories, fostering oral language development, cultural appreciation, and relationship-building across generations. The gardens will serve as living laboratories that extend learning beyond the garden beds. Classroom science centers, which have historically been underutilized, will be revitalized with garden-related materials such as magnifying glasses, plant samples, measuring tools, and observation journals, encouraging children to revisit and extend their learning during choice time. This approach strengthens inquiry-based exploration and builds sustained interest in science from an early age.

Family engagement will be woven into every stage of the project. Parents will receive regular updates on the garden's progress through photos and notes, be invited to contribute ideas for future plantings, and participate in planting and harvesting days. Each family will also receive a small take-home garden kit with seeds, soil, and instructions to encourage at-home exploration and healthy food production. This approach directly reflects 45 CFR §1302.44(b), which allows Head Start funds to support food-related projects for families when connected to a specific programmatic purpose related to family engagement. All foods grown through the project will comply with 45 CFR §1302.44(a)(2)(iii) by being high in nutrients and naturally low in saturated fat, sugar, and salt. The fresh produce vegetables, herbs, and fruits will not only be integrated into classroom tasting activities and cooking demonstrations, but will also model nutrient-rich, minimally processed foods align with CACFP standards to promote healthy eating habits.

Through this comprehensive approach, the Intergenerational Garden Learning Project will create vibrant outdoor classrooms that connect nutrition, science, and family engagement while fostering intergenerational relationships and community partnerships. The project will enhance school readiness by strengthening skills across multiple ELOF domains, promote lifelong healthy eating habits, increase family engagement through at-home gardening activities, revitalize science learning in early childhood classrooms, and build stronger community connections through partnerships with UF/IFAS Extension, Master Gardeners, and grandparent volunteers. By combining curriculum, hands-on experiences, and family involvement, the initiative will prepare children for academic success, encourage wellness habits, and strengthen the connection between home, school, and community fully meeting Head Start Program Performance Standards and regulatory guidance on nutrition and family engagement.

Master Gardener at Dillard Head Start



Garden Project Budget

Description	Budget Amount
Supplies for Head Start Gardens	\$ 17,250.00
Total Cost	\$17,250.00

Bring Hope Home

Bring Hope Home (BHH) is a home delivery program at Second Harvest Food Bank of Central Florida that delivers healthy food boxes to community members who screen positive for food insecurity and lack reliable forms of transportation to access food. Chronic hunger and malnourishment can affect one's overall health, mental wellbeing, behavior, and cognitive performance and has an even greater impact on the long-term health and educational outcomes of children. Studies have shown that children who are food insecure during their early childhood are less likely to start kindergarten and lasting effects such as impaired memory and social functioning and poor academic performance as they progress through their education. To support Orange County Head Start students' access to nutritious food during out-of-school time (e.g., holiday breaks), Second Harvest will distribute 8 food boxes for at least 600 student households.

Together, Orange County Head Start and Second Harvest will provide consistent and reliable access to healthful balanced meal boxes for children experiencing hunger at no cost to their families. This will ensure these vulnerable children have the nutritious food resources they need during out of school time when they have no access to free or reduced priced meals. We expect that through increasing the accessibility and availability of healthy and nutritious food resources these households are also able to build their financial security. This opportunity will also enable Second Harvest to strengthen its collaborative partnership with Orange County Head Start. Enhancing our strategic partnerships means we can collectively support families and children and alleviate their hunger needs.

The program will accommodate household sizes of up to 8+ people. BHH boxes are packed at the food bank and safely transported directly in a contact-free manner by a driver. Participants receive communications throughout the delivery process. BHH and our Procurement team work together to acquire fresh seasonal produce that is sourced from local or regional producers when possible. Nonperishable boxes include items like whole wheat pasta, brown rice, chunk tuna and/or chicken, quick oats, lentil beans, peanut butter, shelf-stable yogurt and milk, and more.

Non-Perishable Boxes at 15 lbs.

- Mixed Vegetables (1), Lentil Beans (1), Shelf Stable Yogurts (2), Unsweetened Applesauce (1), Quick Oats (1), Creamy Peanut Butter (1), Chunk Chicken in Water (2), Chunk Tuna in Water (2), Shelf Stable Milk (1), Brown Rice (1), Shelf Stable Microwavable Meal (1), Whole Wheat Spaghetti (1), No Salt Spaghetti Sauce (1)
- While contents vary, each nonperishable box contains approximately:
- 14.5 servings of fruit and vegetables
- 42 servings of grains
- 2 servings of mixed dishes
- 29 servings of protein
- 6 servings of dairy

Orange County Head Start has benefited from this program in the past through the generosity of Orange County Government on our behalf. Eating nutritious and wholesome food ensures children have energy needed to learn and confidence to succeed every day. The well-balanced meals provided with support from this grant

opportunity means these children will stay fueled for lessons in school and ensure their overall health and wellbeing. We look forward to partnering with Orange County Head Start in helping positively impact these children's lives and alleviate their food insecurity.

Bring Hope Home Budget

Description	Budget Amount
Fall Break Meals (600)	\$ 15,300.00
Winter Break Meals (1200)	\$ 30,600.00
Spring Break Meals (600)	\$ 15,300.00
Summer Break Meals (2400)	\$ 61,200.00
Total Cost (15lbs x 1.70per lbs)	\$ 122,400.00

3. Nutrition Education Resources

Two at the Table Initiative

Providing an additional adult meal for the Teacher Assistant in the classroom will strengthen compliance with both Head Start Program Performance Standards (HSPPS) and USDA Child and Adult Care Food Program (CACFP) requirements by ensuring that all classroom teaching staff can fully participate in family-style meal service with children. Currently, funding allows only one adult meal per classroom, typically for the lead teacher. This limits the Teacher Assistant's ability to sit and eat alongside children, model healthy eating habits, and engage in meaningful conversations during mealtimes.

With support from the Nutrition Grant, Head Start will be able to provide a second adult meal in each classroom so that both the teacher and the Teacher Assistant can join children at the table. This change directly aligns with HSPPS §1302.31 and

§1302.44, which emphasize using mealtimes as learning opportunities to foster social-emotional development, self-help skills, and healthy nutrition practices. It also supports USDA CACFP's intent for staff to model appropriate eating behaviors and promote positive attitudes toward food. By ensuring both adults can fully participate, children will receive more individualized support during meals, improved supervision, and richer opportunities for conversation, language development, and nutrition education.

Family-style meal service offers significant developmental and educational benefits for young children. By sitting with teachers and Teacher Assistants during meals, children observe and model positive social behaviors, such as taking turns, using polite conversation, and practicing table manners. This interactive setting encourages language development through discussion about foods, textures, and flavors, and reinforces self-help and fine motor skills as children serve themselves and pour beverages. Additionally, family-style meals provide an ideal environment for children to develop healthy eating habits, try new foods, and understand appropriate portion sizes under the guidance of attentive adults. Engaging in meals as a shared, social experience also fosters a sense of community, emotional security, and connection within the classroom, all of which support the holistic goals outlined in the Head Start Early Learning Outcomes Framework and align with USDA nutrition objectives.

Two at the Table Initiative Budget

Description	Budget Amount
Breakfast and Lunch for Second Teacher	\$104,000.00
Total Cost	\$104,000.00

Fresh Adventures – Highlights both exploration and healthy food.

Fresh Adventures will be a new established program to provide field trips to gardens and food pantries and other nutrition centers. This initiative can be a powerful tool for Head Start programs because they combine hands-on learning, community connection, and direct exposure to healthy foods. For Orange County Head Start, they align perfectly with the needs and opportunities identified in the Community Assessment.

Fresh Adventures can support children's development and nutrition outcomes by promoting healthy eating habits through direct experience. By visiting a community garden, children can see, touch, and taste fresh fruits and vegetables, making healthy foods more appealing. Early exposure increases familiarity with a variety of produce, reducing food neophobia (hesitancy to try new foods) and encouraging children to request healthier options at home.

Fresh Adventures can also enhance nutrition education in a real-world context through the use of gardens to provide living classrooms where children learn where food comes from, the plant life cycle, and the work involved in growing food. Food pantry visits can teach children (at an age-appropriate level) about food distribution, community sharing, and how healthy options are prioritized.

Fresh Adventures can also support academic and developmental goals through activities in gardens can integrate STEM learning, measuring plant growth, counting seeds, and observing changes in plants over time. Hands-on experiences enhance vocabulary, critical thinking, and problem-solving skills, aligning with Head Start Early Learning Outcomes Framework domains.

Fresh Adventures can foster social-emotional skills and community awareness. Field trips encourage teamwork, patience, and responsibility as children work together in planting or harvesting activities. Visiting a food pantry can nurture empathy, gratitude, and an understanding of community resources that support families in need.

Fresh Adventures can also strengthen education at home connections. Children often bring home stories, recipes, and even seeds from these trips, prompting healthy conversations and activities with parents. Exposure to local resources can encourage families to visit gardens or food pantries themselves, extending the benefits beyond the classroom.

For Orange County Head Start, where many children live in food-insecure households and have limited access to fresh produce, field trips to gardens and food pantries can bridge the gap between classroom nutrition lessons and real-world food access. They help children build positive attitudes toward healthy foods while introducing families to local resources that can support long-term wellness.

Fresh Adventures Budget

Description	Budget Amount
Transportation	\$20,000.00
Cost of Entry	\$5,000.00
Boxed Lunch	\$7,000.00
Total Cost	\$32,000.00

Second Harvest Food Bank Culinary Training Partnership

Orange County Head Start will partner with the Second Harvest Food Bank Culinary Training Program to provide five Head Start parents with access to professional culinary education. This intensive program equips participants with skills in healthy food preparation, safe kitchen practices, and menu planning that align with USDA guidelines. By enrolling our parents in this workforce development opportunity, we address two key goals of the Nutrition and Healthy Eating Initiative: improving family nutrition knowledge and increasing economic self-sufficiency.

Graduates will not only be positioned for sustainable employment in the food service industry but will also bring their skills back to their own households, modeling healthy meal preparation for their children. These parents can also serve as peer mentors, supporting other families by sharing recipes, demonstrating cooking techniques, and assisting with nutrition-focused family engagement events at our centers. This approach multiplies the impact of supplemental funding creating both immediate benefits for the five participating families and long-term benefits for the broader Head Start community. By leveraging this partnership, Orange County Head Start will strengthen family wellness, expand access to fresh, nutritious meals, and empower parents with the tools to promote healthier lifestyles at home and in their careers.

Outcomes include certification and employment opportunities. At least 4 of the 5 participating parents will successfully complete the culinary training program and earn food safety certification, with at least 3 securing employments within six months. This program also includes a family nutrition impact where participating parents will each

commit to leading at least two-family cooking demonstrations or workshops at Head Start centers within one year of graduation, collectively reaching a minimum of 60 families.

The culinary program improves practices at home. Pre- and post-program family surveys will show a 25% increase in the frequency of healthy, home-cooked meals among participating households. The program also uses community resource utilization where 100% of participating parents will report continued use of community food resources (farmers markets, food pantries, Second Harvest programs) six months after program completion.

By leveraging this partnership, Orange County Head Start will strengthen family wellness, expand access to fresh, nutritious meals, and empower parents with the skills and confidence to promote healthier lifestyles at home and in their communities while also supporting long-term economic stability



Darnellion Brown, Former Graduate, Head Start Parent, Policy Council Chair and
Florida Head Start Father of the Year

Second Harvest Food Bank Culinary Training Partnership Budget

Description	Budget Amount
(5) Second Harvest Food Bank Culinary Program	\$12,500.00
Total Cost	\$12,500.00

Family Nutrition Night

Orange County Head Start, in partnership with UF/IFAS Extension Orange County, proposes to implement a Family Nutrition Night to promote healthy eating and active living among families, with initial priority given to those whose children have been identified as underweight or overweight based on nutrition screenings (45 CFR §1302.42(b)(4)). This initiative supports Head Start Program Performance Standards, Subpart D (Health Program Services) and Subpart C (Education and Child Development Program Services), by integrating nutrition services with family engagement and teaching practices that are developmentally, culturally, and linguistically appropriate (45 CFR §1302.40).

The program will be implemented at multiple Orange County Head Start locations, including Hal Marston, Lila Mitchell, Taft, Pine Hills, John H. Bridges, Southwood, and Bithlo, ensuring that families across the county have access to targeted, practical nutrition support that strengthens children's growth, school readiness, and overall health while empowering families with the knowledge and tools to make sustainable lifestyle changes.

Family Nutrition Night will be a 90-minute evening event offered at selected county-operated Head Start sites with adequate space to hold separate sessions for parents

and children. The event will begin with a healthy catered meal ordered through an approved Head Start vendor and planned to meet USDA Child and Adult Care Food Program (CACFP) requirements (45 CFR §1302.44(b)). The menu will model balanced nutrition, recommended portion sizes, and culturally relevant food options while introducing at least one new food alongside familiar favorites (45 CFR §1302.44(a)(1)). Family-style dining will be encouraged to support the developmental and social-emotional benefits outlined in 45 CFR §1302.31(e)(2). During mealtime, UF/IFAS Extension Family and Consumer Sciences educators will facilitate a “Parenting for Nutrition and Fitness” session that covers understanding BMI, reducing sugar-sweetened beverages, limiting ultra-processed foods, incorporating whole foods, and increasing daily physical activity. Practical strategies for meal planning on a budget will be included, in compliance with 45 CFR §1302.46(a)(1)(ii), to help families prepare nutritious meals within their resources. While parents participate in the education session, children will engage in a nutrition-focused learning experience in their Head Start classroom.

Activities will be aligned with the Head Start Early Learning Outcomes Framework and will include dramatic play in a “Healthy Grocery Store” or “Healthy Restaurant,” simple food-preparation demonstrations such as fruit kabobs or veggie wraps, and physical activity games that reinforce the connection between nutrition and active living. Following these sessions, families will reunite and rotate through six interactive hands-on learning stations: Healthy Snacks, Breakfast Boost, Portion Power, Healthy Beverages, Active Living, and Health Check. At the Health Check station, families will

review their child's BMI, complete a nutrition self-reflection activity, and receive referrals to additional resources as needed.

To support ongoing learning at home, families will receive take-home resources including recipe cards, MyPlate visuals, kitchen tools such as measuring cups and spoons, and lists of local food and health resources. All meals and activities will meet CACFP standards and model best practices for healthy eating. Supplemental funds will be used for nutrition education resources, cooking demonstration kits, catered meal costs not covered by CACFP reimbursement, and take-home kits for families. All proposed expenses are non-recurring and align with allowable activities outlined in the OHS Program Instruction on one-time supplemental funding for nutrition and healthy eating.

Evaluation of Family Nutrition Night will focus on both short-term and long-term outcomes. Short-term outcomes include increased parent knowledge of healthy eating practices and portion control, as well as increased child familiarity with a variety of healthy foods. Long-term outcomes include improved family food choices, increased physical activity at home, and a reduction in the proportion of Head Start children classified as underweight or overweight over time. Evaluation methods will include pre- and post-event family self-assessments, staff observations of child engagement, and follow-up with families to measure application of nutrition strategies at home. Through this event, Orange County Head Start will further its commitment to providing comprehensive, culturally responsive nutrition services that improve the health and school readiness of the children and families it serves.

Family Nutrition Night Budget

Description	Budget Amount
Nutrition Education Materials - Printing of MyPlate visuals, recipe cards, and culturally relevant nutrition handouts for families; includes translation into home languages as needed.	\$1,000.00
Cooking Demonstration Kits - Purchase of small cooking equipment, utensils, storage containers, and ingredients for interactive food-preparation activities.	\$1,400.00
Healthy Catered Meals - Catered meals from an approved Head Start vendor meeting CACFP standards; portion of costs not covered by CACFP reimbursement.	\$14,000.00
Family Take-Home Kits - Measuring cups, measuring spoons, cutting boards, and other low-cost kitchen tools, plus physical activity resources for home use.	\$5,000.00
Supplies for Learning Stations - Educational props for Healthy Snacks, Portion Power, Healthy Beverages, and Active Living stations (e.g., sample foods, display boards, sugar comparison jars).	\$1,000.00
Facilitation cost for education delivery	\$4,000.00
Evaluation Materials -	\$700.00
Total Cost	\$27,100.00

Healthy Bodies, Healthy Minds Initiative

The Healthy Bodies, Healthy Minds Initiative will bring fresh, affordable produce, preventive health services, and physical fitness opportunities directly to Head Start parents in four high-need areas of Orange County. Partnering with Hebni Nutrition Consultants, Inc., Medicaid health vendors, and local wellness organizations, this parent-focused project will increase access to nutritious foods, provide culturally

responsive nutrition guidance, offer on-site health screenings, and introduce simple exercise routines. Targeted outreach will engage families whose children have been identified as overweight or underweight, ensuring high-need households receive tailored support. By empowering parents with the tools, resources, and direct access needed to make healthier choices, this initiative will improve household wellness, strengthen children's health outcomes, and enhance school readiness across the program.

Orange County Head Start proposes the Healthy Bodies, Healthy Minds Initiative, a targeted, parent-focused nutrition and health outreach project in partnership with Hebni Nutrition Consultants, Inc., one of Central Florida's leading organizations dedicated to addressing nutrition-related health disparities. This initiative will bring the Fresh Stop Mobile Market and comprehensive health services directly to Head Start parents in four high-need areas of Orange County. The effort is designed to align with the Head Start mission and the Head Start Program Performance Standards by increasing access to healthy foods, connecting families with preventive health services, and promoting overall wellness in ways that ultimately benefit enrolled children's growth, development, and school readiness.

Four large-scale events will be hosted during the program day so parents can participate while their children are in class. Locations will be strategically selected to ensure geographic reach: Pine Hills Head Start in West Orlando, Southwood Head Start in South Orlando, John Bridges Head Start in North Orlando, and East Orange Head Start in East Orlando. Invitations will be extended to all Head Start parents, with targeted outreach to those whose children have been identified through screenings as overweight or underweight. The Head Start nutrition staff will be present at each event

to provide follow-up to families flagged in screenings, offer culturally responsive nutrition guidance, share Child and Adult Care Food Program (CACFP)-compliant recipes, and connect families to ongoing resources such as the Supplemental Nutrition Assistance Program (SNAP) and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

At the heart of each event will be the Fresh Stop Mobile Market, which has been serving USDA-identified food deserts in Orange County since 2015. Fresh Stop will offer fresh fruits and vegetables at affordable prices, accept Electronic Benefits Transfer (EBT) for SNAP participants, and provide free produce to food-insecure Head Start families. In addition to selling produce, Hebni will distribute healthy recipes and offer demonstrations to parents on how to prepare fresh items in cost-effective, family-friendly ways. This partnership directly addresses the barriers faced by many families in accessing nutritious foods and is a practical example of how Head Start can leverage community resources to meet the Performance Standards for providing developmentally appropriate, nutrient-dense foods.

To expand the impact beyond nutrition, each event will also feature Medicaid Managed Care Organizations Sunshine Health, Simply Healthcare, Humana Healthy Horizons, and Staywell/WellCare who will provide on-site immunizations for children, blood pressure screenings for parents, and education on safe medication storage, expiration, and the dangers of sharing prescription medications. Representatives from The Recovery Village, Aspire Health Partners, and Central Florida Cares Health System will be present to share information and resources related to opioid prevention and substance use treatment. These collaborations ensure that families leave with more

than food; they will have tangible connections to preventive healthcare and safety resources.

A unique feature of the Healthy Bodies, Healthy Minds Initiative will be the inclusion of Project Super Fit, led by Mr. John Holmes, who will deliver parent-friendly exercise demonstrations designed to be done “on wheels” or in small spaces. Parents will sign a waiver and participate voluntarily, learning simple routines they can integrate into daily life to increase their activity levels and model healthy living at home. This fitness component complements the nutrition services, addressing physical activity as an essential part of overall health.

The Healthy Bodies, Healthy Minds Initiative is expected to result in increased access to fresh fruits and vegetables, improved parental knowledge of nutrition and healthy food preparation, greater participation in preventive health services, and higher levels of physical activity among parents. In the long term, these changes will contribute to improved household food security, healthier weight outcomes for children identified as overweight or underweight, and stronger overall family wellness—laying the foundation for better attendance, focus, and readiness to learn in Head Start classrooms.

By focusing on parents during the day and providing them with the tools, resources, and direct access to nutritious foods and health services, the Healthy Bodies, Healthy Minds Initiative strengthens Head Start’s commitment to the whole family approach. It builds on statutory requirements under the Head Start Act and Performance Standards, particularly those related to nutrition, family engagement, and

health services, and exemplifies an innovative strategy to promote health and nutrition in high-need communities across Orange County.

Over a seven-month period, the initiative will finalize partnerships, launch targeted outreach, and host four events serving at least 400 families. Expected outcomes include 75% of attendees reporting improved knowledge of healthy food preparation, 200+ preventive health screenings, 50% of parents participating in fitness activities, and at least 50 families connected to nutrition or health resources. Impact will be measured through attendance tracking, pre/post surveys, partner feedback, and service data, with a final report to guide future program expansion.

Healthy Bodies, Healthy Minds Initiative Project Budget

Description	Budget Amount
Healthy Body, Healthy Minds, Project Materials	\$1,000.00
Nutrition Education Booths	\$2,000.00
Fresh Stop Bus	\$4,800.00
Guest Vendors & Fitness Class	\$10,000.00
Supplies for Learning Stations	\$5,000.00
Family Cooking Workshops	\$9,000.00
Total Cost	\$31,800.00

Training and Technical Assistance

Dr. Yum Nutrition Program

Dr. Yum's Preschool Food Adventure is an interactive monthly cooking and nutrition curriculum that has been shown to increase food enjoyment, decrease food fussiness, and create favorable BMI change in high-weight and low-weight preschool-aged children. The program was developed by a multidisciplinary team of child experts,

including pediatricians, a pediatric feeding specialist, a registered dietitian, and early childhood educators.

Teachers receive training on implementing the program and strategies around common picky eating behaviors. Parents receive targeted materials to continue the introduction to fruits and vegetables at home. This project rigorously evaluates Dr. Yum's Preschool Food Adventure's impact on children's intake of fruit and vegetables, food fussiness, food enjoyment, and body mass index.

Orange County Head Start proposes the integration of Dr. Yum's Food Adventure, a nationally recognized, evidence-based nutrition education program, to strengthen our ability to promote lifelong healthy eating habits for children, families, and staff. Developed by the Dr. Yum Project, a pediatrician-founded nonprofit, the program empowers educators and parents to introduce healthy foods in a joyful, hands-on, developmentally appropriate way. Research published in the Health Education Journal shows measurable impact in Head Start populations: 33.8% of children with high BMI moved into a healthy range, 57.4% of children with low BMI normalized their weight, and significant improvements were seen in food enjoyment and reduced food fussiness.

This initiative addresses urgent nutritional challenges in our community. Many of our children face high rates of food insecurity, limited access to fresh produce, and a reliance on ultra-processed foods. Feeding delays and sensory challenges—often tied to trauma, disability, or stress at home are common. Families often lack access to feeding specialists or culturally relevant nutrition education, creating barriers to developing healthy habits. By embedding Dr. Yum's Food Adventure into daily routines,

we will transform mealtimes into opportunities for skill-building, curiosity, and sensory exploration both at school and at home.

The program will be implemented in three primary areas supported by one-time supplemental funding: materials, nutrition education resources, and non-recurring personnel costs. Classroom Kitchen Toolsets will provide durable, reusable equipment such as blenders, child-safe knives, measuring tools, and sensory-friendly utensils that encourage safe, inclusive food preparation. These tools make healthy food exploration a consistent part of the learning environment, while reducing the burden on families to repeatedly offer unfamiliar foods at home.

Nutrition education resources include the Dr. Yum Food Adventure Kit, which provides teachers with a comprehensive curriculum aligned with the Head Start Early Learning Outcomes Framework, Head Start Program Performance Standards, and USDA Dietary Guidelines. The kit includes 24 fruit- and vegetable-focused lessons, parent resources in English and Spanish, healthy party toolboxes, books, and child-friendly tasting materials. Lessons will also be featured in family engagement events, such as parent/child cooking classes and nutrition nights, extending learning and relationship-building beyond the classroom.

One-time personnel costs cover professional development for all participating educators through six on-demand training modules led by a pediatrician, feeding therapist, early childhood educator, and registered dietitian. Training will also be available to food service, custodial, transportation, and administrative staff to ensure consistent messaging and support across the program. The Dr. Yum team will provide ongoing virtual coaching to maintain fidelity to the model and adapt lessons for children

with special needs. Unlimited access to these training materials ensures the program's sustainability beyond the grant period.

By integrating this evidence-based program, Orange County Head Start will advance child health, reduce mealtime stress, and strengthen family engagement. Over time, we expect to see increased willingness among children to try new fruits and vegetables, improved BMI profiles, and greater alignment between school and home nutrition practices. This one-time investment will leave a legacy embedding healthy eating into our program culture and helping children build the skills they need for a lifetime of wellness.

Dr. Yum Project



Dr. Yum Nutrition Budget

Description	Budget Amount
Dr. Yum Food Adventure Kit	\$524.00
Total Cost	\$43,492.00

We Can Energize Program

We Can is a national education program of the National Heart, Lung and Blood Institute. We Can Energize Our Families is a four-week session program with dynamic activities for parents to encourage healthy habits in their family. In a fun hands-on way, the session will focus on helping participants learn skills that can help their families make helpful choices, become more physically active and reduce screen time.

Each session is structured and packed full of activities, food demonstrations and discussions which are designed to encourage parents to have critical and practical problem-solving skills. Parents learn practical strategies and tips that they can use to help their families maintain healthy weight and discover simple ways to model healthy eating and physical activity. Parents are provided with a family guide that contains all the information that they will need to be active and hands-on.

Parents have an enormous impact on their children's behaviors and health of their children. This program can help children and families maintain their weight and lay the foundation for their children to maintain that weight as they become adults.

The We Can Energize Our Families program directly supports the goals outlined in ACF-OHS-PI-25-02 by providing structured, hands-on nutrition education that empowers parents to model and promote healthy habits at home. This four-week program offers interactive activities, food demonstrations, and guided discussions that help families make healthier food choices, increase physical activity, and reduce screen time key objectives of the supplemental funding opportunity. Parents receive a comprehensive family guide and practical tools to reinforce learning beyond the classroom, ensuring lasting impact. The program aligns with the PI's emphasis on

nutrition education resources, materials, and supplies that lead to measurable improvements in family health outcomes. By equipping parents with the skills and confidence to influence their children's behaviors, We Can Energize Our Families strengthens Head Start's ability to foster lifelong healthy habits and meet the performance goals of the initiative.

We Can Energize Budget

Description	Budget Amount
Cost for printing supplies, and minor materials for food demonstrations or session props.	\$3,000.00
Total Cost	\$3,000.00

The Child and Adult Care Food Program (CACFP) Annual Conference

The Child and Adult Care Food Program (CACFP) Annual Conference supports the goals of ACF-OHS-PI-25-02 by providing Head Start staff with professional development opportunities that directly enhance nutrition and healthy eating initiatives. Orange County Head Start would like to send 5 employees to this nutrition conference.

Through workshops, keynote presentations, and hands-on training, the conference equips participants with the latest research, best practices, and innovative strategies in child nutrition, menu planning, food safety, and culturally responsive meal service. These sessions align with the PI's emphasis on improving nutrition outcomes for children and families, as well as strengthening program quality through evidence-based resources.

Attending the CACFP Annual Conference also fosters peer-to-peer learning and networking with other early childhood and nutrition professionals, enabling Head Start staff to bring back fresh ideas, updated compliance knowledge, and practical tools to improve program operations. This directly supports ACF-OHS-PI-25-02's intent to invest supplemental funds in activities and training that advance healthy eating, promote positive mealtime environments, and ensure children receive nutritious meals that meet federal guidelines. By integrating conference learning into daily practices, Head Start programs can enhance family engagement around nutrition and sustain improvements well beyond the funding period.

CACFP National Conference Budget

Description	Budget Amount
Registration Costs	\$ 3,945.00
Travel	\$15,000.00
Total Cost	\$18,945.00

Junior Master Gardener (JMG) Program

The Junior Master Gardener (JMG) program offers a robust, evidence-based youth gardening curriculum such as Learn, Grow, Eat & Go! (LGEG) and the Early Childhood LGEG that blends hands-on gardening, nutrition education, physical activity, and family engagement into a structured, multi-week lesson plan. For Master Gardener volunteers assisting Orange County Head Start including through initiatives like "Seed Scholarships," where volunteers help establish and mentor Head Start gardens this training provides invaluable educational scaffolding. The JMG training equips volunteers

with ready-to-use curricula that integrate gardening with healthy eating and movement, support cross-generational mentoring, and foster rich community involvement. By adopting JMG's proven frameworks, Master Gardeners can more effectively guide Head Start children and site staff through engaging, developmentally appropriate lessons and thereby strengthen the resilience, educational impact, and sustainability of the gardening and wellness initiatives across Head Start sites.

Junior Master Gardener (JMG) Program Budget

Description	Budget Amount
Registration Costs	\$ 1,000.00
Total Cost	\$1,000.00

Head Start Annual Wellness Day: "Growing Healthy Futures – Nutrition and Gardening in Early Childhood"

The "Growing Healthy Futures" wellness day curriculum equips Head Start staff with the knowledge, skills, and practical strategies to integrate nutrition education and gardening into daily classroom activities, family engagement events, and community partnerships. The training is grounded in the Head Start Program Performance Standards related to nutrition, health, physical development, and family partnerships, with a strong emphasis on fostering lifelong healthy habits among children and their families.

Training sessions will highlight the connection between early nutrition, physical development, and cognitive growth. This is followed by a hands-on workshop on implementing family-style meals as a tool for modeling healthy eating behaviors,

understanding USDA CACFP requirements, and incorporating culturally responsive menus. Participants explore strategies for engaging picky eaters, accommodating dietary restrictions, and supporting children identified as overweight or underweight during health screenings.

The gardening component builds on the principles of experiential learning, using resources such as the Junior Master Gardener (JMG) Early Childhood curriculum to demonstrate how gardens can serve as outdoor classrooms. Staff learn how to design age-appropriate garden spaces, integrate gardening into STEM and literacy activities, and connect garden harvests to classroom cooking projects. Practical sessions include seed starting, composting basics, container gardening for limited space, and sensory exploration activities for 3–5 year-olds.

Throughout training, cross-disciplinary connections are emphasized, including how gardening supports fine motor development, environmental awareness, and social-emotional skills. The curriculum also incorporates family engagement strategies, such as hosting parent gardening days, sending home easy-to-prepare produce-based recipes, and partnering with community organizations to sustain garden projects and nutrition initiatives year-round.

The session ends where teaching teams outline how they will implement nutrition and gardening activities in their own classrooms. Each team leaves with a seasonal planting calendar, a sample nutrition lesson plan bundle, and a plan for engaging families in both cooking and gardening experiences. This training ensures that every staff member feels confident and inspired to make nutrition and gardening central to Head Start's mission of preparing children for a healthy, successful future.

To ensure participants can fully engage in the hands-on gardening portion of the session, a variety of accessible and age-appropriate supplies will be provided. Each participant will receive gardening gloves, small hand tools such as trowels and cultivators, seed packets for seasonal vegetables and herbs, biodegradable pots or seed-starting trays, and potting soil suitable for indoor or outdoor planting. For demonstration purposes, sensory-friendly plants will be available, allowing staff to practice planting, transplanting, and maintenance techniques they can later replicate in their Head Start centers. These supplies will create an interactive, tactile learning experience that equips participants with the confidence and practical skills needed to bring gardening to life for the children and families they serve.

**Wellness Day “Growing Healthy Futures – Nutrition and Gardening in Early
Childhood Budget**

Description	Budget Amount
5 Sessions with Materials and Supplies	\$15,000.00
Total Cost	\$15,000.00

Benefits of Gardening, Nutrition, and Children Training

Orange County Head Start will provide a specialized professional development session for our Nutrition staff titled “Benefits of Gardening, Nutrition, and Children Training.” This training is designed to equip Nutrition staff with the knowledge, skills, and resources necessary to support teachers in integrating gardening and nutrition education into the daily classroom experience. Participants will learn evidence-based strategies for using school gardens as interactive learning spaces that promote healthy

eating habits, food literacy, and hands-on science exploration for preschool-aged children.

The training will cover best practices in planting, maintaining, and harvesting garden produce in a safe, child-friendly environment, as well as methods for incorporating garden-based foods into nutrition lessons. Emphasis will be placed on engaging children through sensory exploration, taste-testing, and cooking demonstrations that reinforce positive attitudes toward fruits, vegetables, and healthy food choices. Staff will also explore culturally responsive approaches to nutrition education, ensuring lessons reflect the diverse food traditions and preferences of the families we serve.

By strengthening the role of Nutrition staff in classroom-based learning, this training will create a seamless partnership between Nutrition Services and teaching teams. Nutrition staff will be better prepared to co-facilitate gardening projects, model healthy food preparation, and support lesson planning that ties gardening activities to early learning standards in science, math, and literacy.

This initiative directly supports the goals of the ACF Nutrition Grant by fostering environments that encourage lifelong healthy habits, improving access to fresh produce, and reducing barriers to nutrition education for underserved children. It will also strengthen home-to-school connections by preparing Nutrition staff to share simple gardening and healthy cooking activities with families, encouraging the continuation of healthy practices beyond the classroom. Ultimately, the Benefits of Gardening, Nutrition, and Children Training will empower staff to create meaningful, engaging experiences

that nurture children’s physical health, cognitive development, and curiosity about the natural world.

Benefits of Gardening, Nutrition and Children Training

Description	Budget Amount
Materials and Supplies	\$3,000.00
Total Cost	\$3,000.00

Engaging Your Head Start Children in the Garden Training

Orange County Head Start will implement “Engaging Your Head Start Children in the Garden” training for all Center Managers to strengthen their leadership role in promoting garden-based learning at each site. This professional development will equip Center Managers with the tools to support teaching teams in making the garden an active extension of the classroom. The training will focus on strategies for creating inclusive, safe, and developmentally appropriate garden experiences that align with Head Start Early Learning Outcomes Framework (ELOF) domains, including approaches to learning, cognitive development, and physical well-being.

Center Managers will learn how to guide staff in planning and facilitating age-appropriate gardening activities such as planting seeds, observing plant growth, harvesting vegetables, and integrating these experiences into daily lesson plans. The training will emphasize child engagement techniques, including storytelling, sensory exploration, and hands-on tasks that encourage curiosity and a sense of responsibility. Managers will also be trained in how to use the garden as a platform for reinforcing

nutritional education, promoting environmental awareness, and building connections to family and community.

By building the capacity of Center Managers to lead and champion gardening initiatives, this training will ensure consistent implementation and sustainability of garden programs across all Head Start locations. It will directly support the goals of the ACF Nutrition Grant by creating enriching, health-promoting environments where children develop healthy eating habits, an appreciation for fresh produce, and practical life skills. With Center Managers actively engaged, gardens will thrive as dynamic learning spaces that benefit the entire Head Start community.

Engaging your Head Start Children in the Garden Training

Description	Budget Amount
Materials and Supplies	\$3,000.00
Total Cost	\$3,000.00

Dr. Yum Food Adventure: In-Person Teacher Boost

The Dr. Yum Food Adventure: In-Person Teacher Boost is a four-hour professional development session designed to strengthen and enrich the delivery of nutrition education. Led by the Food Adventure Creative Director, a seasoned instructor with more than 10 years of experience, this training blends facilitated instruction, hands-on demonstrations, and collaborative discussions with a program expert. By complementing the existing video-based curriculum, this immersive session builds teacher confidence, fosters consistency, and sparks creativity in bringing engaging food and nutrition lessons to young learners.

This training directly supports the Head Start Early Learning Outcomes Framework (ELOF) and Performance Standards by equipping teachers with strategies to integrate nutrition education into daily classroom routines. Teachers gain practical tools for promoting healthy eating habits, engaging children in food exploration, and modeling family-style dining practices, all of which align with Head Start's focus on developing healthy habits for lifelong well-being. By increasing teacher confidence and skill, the training ensures children experience consistent, high-quality nutrition education across classrooms.

Additionally, the In-Person Teacher Boost strengthens alignment with the nutrition grant goals by ensuring that staff are fully prepared to implement research-based approaches to healthy eating and wellness. The hands-on, interactive format empowers educators to introduce children to new foods in fun, age-appropriate ways, encourage food acceptance, and connect families to healthy practices that can be continued at home. Through this training, teachers become better equipped to meet USDA requirements for promoting nutrition, supporting family-style dining, and fostering an environment where children develop positive, lasting relationships with healthy foods.

Dr. Yum Nutrition Budget

Description	Budget Amount
Dr. Yum Food Adventure: In-Person Teacher Boost	\$19,500
Total Cost	\$19,500

Training and Technical Assistance Plan Nutrition

Name of Training	Brief Description	How it Connects with the Nutrition Supplemental	Location	Number of Staff to Attend	Training Costs	Travel Cost
Dr. Yum Nutrition Training	Monthly cooking and nutrition curriculum for Children	Provides education and nutrition learning	Local Head Start Centers	Children Curriculum and supplies.	\$43,492.00	\$0.00
We Can Energize	Four-Week Nutrition Sessions for Head Start Parents	Provides information on Healthy Eating Practices and Choices	Local Head Start Centers	Supplies	\$3,000.00	\$0.00
CACFP National Conference	Nutrition Professional Development for Staff	Enables staff to bring back latest information on nutrition in Head Start Programs	Las Vegas, NV	5	\$3,945	\$15,000
Junior Master Gardener (JMG)	Supports Learn, Grow, eat and Grow Curriculum for Early Childhood	Engages children through nutrition education, physical activity and family engagement	Online	11	\$1,000.00	\$0.00
Head Start Annual Wellness Day: "Growing Healthy Futures – Nutrition and Gardening in Early Childhood"	Provides nutritional hands-on experience through gardening	Allows teachers and staff to integrate learning strategies into the day to day classroom	Local Head Start Centers	300	\$15,000	\$0.00
Benefits of Gardening, Nutrition, and Children Training	Provides specific training on how to support teachers on integrating nutrition and garden in the classroom and outside	Provides advance training for Nutrition staff to support teachers in creating curriculum based on the CCFP requirements around nutrition and the garden	Local Head Start Centers	8	\$3,000	\$0.00
Engaging Your Head Start Children in the Garden Training	Provides training to Center Managers on how to support teachers in the classroom with nutrition and gardening	Shows the Center Managers how to provide support for the teacher and child interaction in the classroom and outside	Local Head Start Centers	23	\$3,000	\$0.00
Dr. Yum Food Adventure: In-Person Teacher Boost			Washington D.C.	5	\$9,500	\$10,000
Total					\$81,937	\$25,000

Nutrition Resource Fair

Orange County Head Start proposes hosting a countywide Nutrition Resource Fair to connect families, particularly those from underserved communities, with nutrition-related programs, services, and educational opportunities. Proposed partners for this event include Women, Infants, and Children (WIC) to provide nutrition education and supplemental food benefits for eligible families; Supplemental Nutrition Assistance Program (SNAP) to assist with food access for low-income households; the United States Department of Agriculture (USDA) to share federal nutrition resources; the Child and Adult Care Food Program (CACFP) to promote healthy meal standards; Second Harvest Food Bank of Central Florida to connect families with emergency and ongoing food support; Hebni Nutrition Consultants, Inc. to provide culturally tailored nutrition education and mobile food access via the Food Bus; United Against Poverty Orlando to offer mobile grocery delivery and wraparound support; The Desire Foundation, Inc. to deliver nutritious food and wellness services; Neighborhood Fridge to supply free, fresh food via community fridges; Plan of God, Inc. to provide holistic family health and food support; and the Central Florida Academy of Nutrition and Dietetics (CFAND) to offer professional nutrition expertise.

Additional potential vendors include culinary training programs, nutrition certification providers, and other local food pantries and nutrition-focused organizations serving underserved communities will be invited as well. Families will be able to meet directly with these service providers, sign up for programs, and access on-site cooking demonstrations, while children participate in engaging, developmentally appropriate nutrition learning activities. Vendors will be invited to host workshops and services for

those attending such as the Hebni Fresh Stop Bus, wellness vendors, and other unique vendors. This initiative aligns with Head Start Program Performance Standards and supports the program's mission to address nutrition, health, and family engagement in a culturally and linguistically responsive way.

The Nutrition Resource Fair will be open to all enrolled Head Start families and strategically targeted to those whose children have been identified as underweight or overweight through nutrition screenings (45 CFR §1302.42(b)(4)). This effort aligns with the Head Start Program Performance Standards, particularly 45 CFR §§1302.40, 1302.42, 1302.44, and 1302.46, by providing developmentally appropriate nutrition education, facilitating connections to community services, and engaging families in the promotion of healthy eating and active living.

Many of the communities served by Orange County Head Start are classified as food deserts areas where residents have limited access to affordable, nutritious food. Families in these areas often rely on convenience stores or fast-food options, leading to diets high in processed foods and low in fresh fruits, vegetables, and whole grains. The Nutrition Resource Fair will directly address these disparities by bringing a variety of nutrition programs and resources under one roof, making it easier for families to learn how to access services, apply for benefits, and find affordable, healthy food options in their neighborhoods.

The fair will be held in a large community space where participating vendors will host resource tables, allowing families to move from one station to another to gather information, register for services, and receive materials. The event will also feature an on-site cooking component where participants can learn how to prepare healthy meals

on a budget. Cooking demonstrations will be designed to meet CACFP and USDA guidelines, balanced, nutrient-rich meals that are culturally relevant and family-friendly. Recipe cards and shopping tips will be provided to encourage replication at home. Families also can sign up for ongoing nutrition-related programs and classes during the event, ensuring sustained engagement beyond the fair.

While parents and caregivers interact with vendors, children will participate in a Children's Nutrition Expo supervised by Head Start teaching staff. This child-focused portion of the event will be aligned with the I Am Moving, I Am Learning (IMIL) curriculum and other Head Start nutrition requirements, providing developmentally appropriate learning experiences through play, movement, and food exploration. Activities may include taste-testing new healthy foods, dramatic play grocery shopping, physical activity games, and interactive lessons about food groups, portion sizes, and healthy habits. These activities will support the Head Start Early Learning Outcomes Framework by helping children identify healthy and unhealthy foods, make healthy choices, and develop positive attitudes toward nutrition.

Each participating parent will receive a Nutrition Bag to reinforce learning and support healthy habits at home. These bags may include:

- A reusable water bottle to promote hydration over sugary drinks.
- A MyPlate visual for quick reference to balanced meals.
- A \$10 grocery store gift card to encourage immediate purchase of healthy foods.
- Recipe cards for affordable, healthy meals.
- Nutrition tip sheet for making healthier choices on a budget.
- Children's activity book with games and coloring pages about healthy eating.

- A small kitchen tool (measuring cups, measuring spoons, or vegetable peeler) to support family meal preparation.

The Nutrition Resource Fair will directly advance Head Start's mission to provide comprehensive services that address the health and nutrition needs of children and families. By reducing barriers to accessing nutrition services, especially in food deserts, the fair will help ensure that every child in our program can grow, learn, and thrive. Families will gain immediate access to critical programs like WIC, SNAP, and CACFP, as well as practical skills for healthy eating. The combined impact of vendor connections, cooking demonstrations, and take-home resources will create a bridge between what families learn at the event and the healthy practices they adopt at home, leading to lasting improvements in children's health, school readiness, and overall family well-being.

Hebni Fresh Stop Bus



Nutrition Resource Fair Budget

Description	Budget Amount
Vendor and Exhibitor Materials - Printing and distribution of vendor invitations, event maps, and resource guides listing all participating organizations and their services.	\$500.00
Cooking Demonstration Supplies - Small appliances, cookware, utensils, and fresh ingredients for healthy meal demonstrations meeting CACFP and USDA guidelines.	\$700.00
Vendor Services - compensate qualified vendors to provide interactive demonstrations, educational activities, and healthy food samples at the Head Start Nutrition Fair to promote wellness and nutrition education for children and families.	\$10,000.00
Educational Handouts - MyPlate visuals, recipe cards, food budget shopping guides, and nutrition fact sheets provided by vendors and Head Start.	\$500.00
Children's Expo Supplies - IMIL-aligned activity materials, taste-testing samples, dramatic play props, physical activity games, and display boards for the child-focused portion of the event	\$2,000.00
Event Signage and Setup - Banners, tablecloths, directional signage, and other materials to organize vendor tables and activity stations in the large event space.	\$700.00
Evaluation Materials - Printing of event feedback forms for families and vendors, plus follow-up surveys to assess service connections made through the fair	\$300.00
Nutrition Bag	\$15,000.00
Total Cost	\$ 29,700.00

4. Non-Recurring Personnel Costs

On-Call Nutrition and Wellness Support Specialist

To maximize the impact of the Nutrition and Healthy Eating Initiative and strengthen implementation of the I Am Moving, I Am Learning (IMIL) program, Orange County Head Start will employ an on-call Nutrition and Wellness Support Specialist. This flexible role will be scheduled for high-need days, special events, and targeted projects funded by the one-time supplemental award. The Specialist will coordinate family workshops on healthy cooking and culturally relevant meal preparation, organize field trips to gardens and food pantries, and assist with classroom-based nutrition lessons, cooking demonstrations, and garden activities. They will support the IMIL program by leading movement-based activities during family engagement events, integrating physical activity into nutrition education, and assisting staff with IMIL implementation strategies. The on-call status ensures cost-effectiveness while providing targeted expertise in nutrition education, physical activity, and community resource coordination. This position will directly contribute to improved nutrition and health outcomes for children and families, while enhancing program capacity to deliver engaging, culturally responsive, and developmentally appropriate wellness experiences.

On-Call Nutrition and Wellness Support Specialist Budget

Description	Budget Amount
Salary	\$20,000.00
FICA	\$4,000.00
Laptop Computer	\$3,000.00
Total Cost	\$27,000.00

Budget

Total Federal Funds \$921,163.00

Total Non- Federal Funds \$230,291.00

Grand Total \$1,151,455.00

*Indirect Costs**

The indirect cost rate for Head Start is 7.08% for a total of \$60,907.00

* Indirect Cost Analysis is in the Document Section in the Head Start Enterprise system under other supporting documents.

In-Kind Match

OCHS is requesting funds in the amount of 921,163.00. The total in-kind match for Nutrition funds for OCHS program is \$230,291.00. OCHS will provide the requested non-federal share in the amount of \$230,291.00. through donations of goods and services, in-kind service and services from the Board of County Commissioners. Head Start captures its in-kind match by using the ChildPlus Management System. A list of rates for services is developed by using the specified rates of Orange County Government's pay scale and is updated on an annual basis.

The valuation of in-kind match for space and goods is calculated by the fair market values. For example: teachers are allowed to receive donated supplies from the Gift for Teaching monthly. The fair market value of the items is emailed to the teachers who in turn complete the In-Kind Donation form to be entered into the system and counted as In-Kind if they meet the requirements for accomplishing the program's goals and activities.

Monthly and year-to-date reports are run by the ChildPlus Management System on monthly basis and turned into the Finance Department to ensure that in-kind is being

captured and accounted for in a timely and accurate manner. This type of reporting also allows management to see the trends relating to reductions in in-kind by center or by month and to address the issues and plan for better outcomes to increase in-kind matches.

ACTIVITIES AND PROJECTS TIMELINE FOR EXECUTION

YEAR 1 Activities Execution and Completion Timelines													
ID	ACTIVITY NAME	QTR 1			QTR 2			QTR 3			QTR4		
		OCT	SEPT	NOV	DEC	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEPT
1	Refrigerator Replacement												
2	Skywell Water Dispenser												
3	Replacement Water Coolers												
4	Classroom Toys Learning and Training Materials												
5	Generations in the Garden												
6	Bring Hope Home												
7	Fresh Adventures												
8	Second Harvest Food Bank Culinary Training Partnership												
9	Family Nutrition Night												
10	Training and Technical Assistance												
11	Nutrition Resource Fair												
12	On-Call Nutrition and Wellness Support Specialist												
13	Vehicle for Nutrition Service Area												

For each proposed grant activity clear timelines for execution and completion are noted above

Budget Request

Project Request	Description	Budget Amount	424 Category
Industrial Refrigerator Replacement	2 Refrigerator	\$ 6,800.00	Supplies
Skywell Water Machines	53 Skywell Water Machines	\$ 424,000.00	Equipment
Water Coolers	33 Water Coolers	\$ 9,900.00	Supplies
Promoting Healthy Eating Materials and Supplies	Promoting Healthy Eating Classroom Kits	\$ 29,750.00	Supplies
Promoting Healthy Eating Materials and Supplies	Printed Materials	\$ 500.00	Other
Garden Project	Supplies	\$ 17,250.00	Supplies
Bring Hope Home	Meals for Children During School Breaks	\$122,400.00	Contractual
Table for Two Imitative	Additional Meal for Second Teacher	\$104,000.00	Contractual
Fresh Adventures	Transportation and Entry Costs	\$ 25,000.00	Other
Fresh Adventures	Boxed Lunches	\$ 7,000.00	Contractual
Culinary Training Partnership	5 Program for Parents	\$12,500.00	Other
Family Nutrition Night	Catered Meals, Materials	\$19,000.00	Other
Family Nutrition Nights	Supplies	\$ 8,100.00	Supplies
Healthy Bodies, Healthy Minds	Materials, Booths, Vendor	\$ 26,800.00	Other
Healthy Bodies, Healthy Minds	Learning Supplies	\$ 5,000.00	Supplies
Training and Technical Assistance	Registration	\$ 81,937.00	Other
Training and Technical Assistance	Travel	\$ 25,000.00	Travel
Nutrition Resource Fair	Supplies (Nutrition Kits, etc.)	\$ 17,770.00	Supplies
Nutrition Resource Fair	Printed Materials, Vendor Services, Marketing etc.	\$ 10,700.00	Other
On-Call Nutrition and Wellness Support Specialist	Salary	\$ 20,000.00	Salary
On-Call Nutrition and Wellness Support Specialist	FICA	\$ 4,000.00	Fringe Benefits
On-Call Nutrition and Wellness Support Specialist	Laptop	\$ 3,000.00	Other
Vehicle for Nutrition Service Area	Nissan Rogue	\$ 32,000.00	Equipment
Indirect Costs 7.08%	Indirect Costs	\$ 60,907.00	Indirect Costs

Total Project Funding \$921,164.00

Funds will support Head Start families to local and national nutrition programs, with a focus on underserved communities. All expenses are non-recurring and align with Head Start Program Performance Standards (45 CFR §§1302.31, 1302.40, 1302.42, 1302.44, and 1302.46). The budget prioritizes direct service delivery, family engagement, and resource development that will have lasting impact beyond the single event.