

## LOGIC MODEL Worksheet

Name of Program: RECIPE for Growing Healthy Children (training for child care providers & Extension educators)

**Situation:** In Indiana there are over 322,000 children under the age of six that require child care because their parents work. Also, the percentage of overweight children less than 5 years old continues to increase in Indiana. Training for the providers that feed the children is necessary to ensure an optimal feeding environment and availability of healthy meals and snacks. Improved nutrition will prepare children to succeed in kindergarten and beyond. Extension educators require training in order to present *RECIPE for Growing Healthy Children* to child care providers.

INPUTS	OUTPUTS		OUTCOMES – IMPACT		
	Activities	Participation	Short	Medium	Longer term
<p>What we invest</p> <p><b>Core Team:</b>                      Lisa Graves                      Barbara Mayfield                      Annette Lawler                      Inger Friend                      Christina Ferrolì                      Jan Dougan                      Teresa Witkoske</p> <p><b>Partnership Resources:</b>                      Ag Communications                      Foods &amp; Nutrition Dept.                      Faculty/Specialists                      Purdue Extension                      Educators                      IN Dept. of Education                      Child and Adult Care Food Program                      Step Ahead                      IN Assoc. for Child Care                      Resource and Referral                      Faith-based Organizations                      County Health Coalitions                      Child Care Providers                      Head Start</p> <p><b>Planning Process:</b>                      Leadership</p> <p><b>Financial Resources:</b>                      HHS Extension                      F&amp;N Dept.                      County funds</p>	<p>What we do</p> <p>Reproduce <i>RECIPE for Growing Healthy Children</i> DVDs and workbook materials for Extension educators</p> <p>Provide training for Extension educators on how to implement and evaluate <i>RECIPE for Growing Healthy Children</i></p> <p>Extension educators offer education to child care providers</p>	<p>Who is reached</p> <p>Purdue Extension Educators</p> <p>Purdue Extension Educators</p> <p>Child care providers</p> <p>Children (as a result of changes made by the child care providers to the menus and mealtime environment)</p> <p>Parents (child care providers will receive ideas for partnering with parents)</p>	<p>What do we think participants will know, feel, or be able to do after participating in the program?  <b><u>Outcomes for educators</u></b>                      Educators increase knowledge of key concepts of RECIPE and how to present to child care providers</p> <p>Educators increase their confidence in presenting RECIPE</p> <p><b><u>Outcomes for child care providers (children &amp; family caregivers)</u></b>                      Participants increase their knowledge of RECIPE concepts, including:</p> <p><b>R:</b> Adults able to <b>role model</b> healthy behaviors at mealtime</p> <p><b>E:</b> Provide an <b>environment</b> that encourages healthy behavior</p> <p><b>C: Create</b> delicious and nutritious meals and snacks based on the Dietary Guidelines and MyPyramid</p> <p><b>I: Involve</b> children in food and fun</p> <p><b>P: Partner</b> with parents, caregivers and family members</p> <p><b>E: Enjoy</b> eating together</p>	<p>How do we think the participants will behave or act differently after participating in the program?  <b><u>Outcome for educators</u></b>                      Educators present RECIPE in their local communities</p> <p><b><u>Outcomes for child care providers (children &amp; family caregivers)</u></b>                      Participants adopt practices of RECIPE, including:</p> <p>Sit and eat with the children</p> <p>Evaluate current mealtime in order to make changes and optimize mealtime experience</p> <p>Increase fruits, vegetables, whole grain, low-fat milk options on the menus</p> <p>Decrease high fat or fried meat options on the menu</p> <p>Try new recipes</p> <p>Increase frequency in nutrition education options offered to children</p> <p>Increase parental involvement at child's facility</p> <p>Encourage clients to practice family style service with their families</p>	<p>What kind of impact can result if the participants behave or act differently after participating in the program?  <b><u>Outcome for educators</u></b>                      RECIPE leads to more child care providers improving the nutritional value of the meals/snacks provided to children in their care</p> <p><b><u>Outcomes for child care providers (children &amp; family caregivers)</u></b>                      Children in child care have more healthful diets (measured by increased nutritional content of items on menus, increased frequency of family meals, number of child care providers who adopt family style service)</p>

**ASSUMPTIONS**

- 1) Knowledge gain leads to behavior changes which results in healthier children
- 2) Child care providers that attend the training want to do what is in the best interest of the children, and will adopt concepts from the training.
- 3) Child care providers will share their knowledge gain and practices with the parents of the children in their care; parents and other caregivers will adopt RECIPE practices

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**EXTERNAL FACTORS**

- 1) Policies and procedures that influence how the child care facility operates
- 2) Time, financial resources, and personnel to attend training and adopt training concept