**Daycare Facilities another Resource for Kids to Learn Healthy Eating At an Early Age and Fight Childhood Obesity**

Daycare facilities may now impact our children’s eating habits in more ways than one! Two thirds of Americans are obese and what’s even more shocking is that 1 out of every 5 four year olds is included in these numbers. Getting kids to eat healthy at an early age should start at home, but daycare facilities now have become the next resource for our kids to eat healthy. Most kids between the ages of 2 and 5 spend up to a half-day in some form of a daycare facility or similar environment.

In a recent meeting with childcare facilities between state and federal authorities, it was agreed that healthy eating should be done early in life, well before a child enters into elementary schools. It was noted that something had to be done, since kids were returning to daycare facilities already obese year after year. This resulted into some states now requiring childcare facilities to take special nutritional steps to keeping children under the age of 5 healthy and fit.

In compliance with daycare regulations, today’s menu has been overhauled, replacing hamburgers and fries with baked chicken or fish, and servings of vegetables and fruits like carrots, broccoli, and strawberries! By daycare facilities feeding our kids healthy foods at an early age, this can help them to develop and learn positive eating habits. Starting good food habits early could last kids a lifetime and help prevent some childhood diseases like obesity, which is now an epidemic. Daycare facilities are taking the change with a positive attitude and realizing the impact and the benefits of kids eating healthy early in life.

Parents can also learn and promote healthy eating at their child daycare or after school programs by forming a collation and collaborating with daycare facilities to see what’s on their children’s weekly menu. They can also talk to other parents and express the importance of healthy eating for children and advocate for healthy and nutritional food choices. Lastly, parents can make healthy eating fun and encourage kids to read ***The Magical Plate***! This e-book uses super food characters like Fruity, Veggie, and Unhealthy to invite kids to join them as Super Food Heroes! Parents can use the e-book as a creative way to engage kids into connecting healthy eating to superheroes in order to move past the battle for getting kids to eat their fruits and vegetables with this fun reading activity!

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**The Magical Plate Book Bio**

The Magical Plate is an E-book series where kids get to become a super food hero by joining “Fruity” and “Veggie” along with The Magical Plate. This fun book will take kids on a mystical journey. They help Fruity and Veggie with a mission of encouraging kids to begin eating their fruits and vegetables at an early age. Armed with The Magical Plate they enlist a group of garden friends to help a little boy named “Unhealthy,” who doesn’t want to eat his fruits or vegetables. But once Fruity and Veggie finally convince Unhealthy to eat better, is it possible that their mission might have a major setback? Will The Magical Plate reveal that Unhealthy has been tricked by “Junk Food,” the story’s villain? Only the kids who eat their fruits and vegetables will get to find out.

**The Authors Bio**

Althea Sinclair is a freelance author and poet, with a special interest in creating children’s books.  Growing up Althea enjoyed eating tasty foods that were mostly unhealthy choices, and as an adult she constantly battled weight and health issues.  Now Althea enjoys advocating for parents to teach kids about eating healthy at an early age, before they develop bad food habits. It has become her calling and passion to help kids and parents experience the benefits of healthy eating through *The Magical Plate* E-book series.

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