

2019 Healthy Apple Award Winners

By Raegan Sales

Healthy Apple Program Coordinator, Children's Council of San Francisco

Earlier this month, Children's Council's Healthy Apple Program was pleased to recognize **37 child care sites** with **57 awards for excellence** in child care nutrition and physical activity practices, at the CPAC Early Educators Recognition Event, held at the Green Room in San Francisco. This year's group included our highest proportion of gold awardees ever!



Like and share photos from our [Healthy Apple Awards Ceremony album on Facebook!](#)

These early educators have demonstrated commitment to nutrition and physical activity in child care settings across the city. The gold awardees are meeting or exceeding every best practice promoted by the Healthy Apple Program.

All sites have written policies documenting their dedication to learning about healthy practices and to sharing their knowledge with parents and families of children they care for. Congratulations to this year's awardees!

Zonia Torres, who received a gold award in nutrition and physical activity for the third year in a row, was featured in USA Today in a far-reaching article and video, [“Heavy Concern: When Preschoolers Gain Weight Too Fast, Their Lifelong Risk of Obesity Surges.”](#) Scroll below to watch the video and see her awesome practices in action.

Healthy Apple works!



A [recently published study](#) found that “integration of the Healthy Apple Program with existing public health nursing services was associated with significantly more children exposed to best practices and improvement in child BMI change. The results warrant continued integration of Healthy Apple into local public health infrastructure.”

[Click here for the full list of 2019 awardees](#) and [visit our website](#) to learn about workshops on nutrition, physical activity, policy development and parent education.

Are you a child care provider who wants to be recognized with a Healthy Apple Award in 2020? [Click here](#) to get started today.

- Facebook
- Twitter
- LinkedIn