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CHILD CARE PROVIDERS HONORED WITH HEALTHY APPLE AWARDS
FOR EXCELLENCE IN NUTRITION AND PHYSICAL ACTIVITY IN
SAN FRANCISCO
Awards Ceremony and Provider Appreciation Reception
San Francisco War Memorial & Performing Arts Center Green Room

SAN FRANCISCO – On Sunday, April 23, 2017, twenty-two San Francisco child care
providers were recognized at the Healthy Apple Awards for successfully implementing
strategies to increase healthy eating and active living in the child care environments that they
supervise. The second annual citywide Healthy Apple Awards ceremony was held during the
Child Care Provider Appreciation Reception, at the San Francisco War Memorial & Performing
Arts Center Green Room (401 Van Ness Avenue). The 22 award recipients included nine San
Francisco-based family child care homes and 13 child care centers that care for a total of 818
children.

The awards were signed by program supporters Mayor Edwin Lee; Barbara Garcia, Director of
Health, City & County of San Francisco; Ingrid Mezquita, Executive Director of First 5 San
Francisco; September Jarrett, Executive Director of the San Francisco Office of Early Care and
Education; and Sandee Blechman, Executive Director of Children’s Council of San Francisco.

The Healthy Apple Program recognized providers who achieved bronze-, silver- or gold-level
practices in the areas of nutrition and/or physical activity. In nutrition, 3 providers received
gold, 11 providers received silver and 6 received bronze. In physical activity, 2 providers
received gold, 1 received silver and 14 received bronze. A total of 15 providers were recognized
for both nutrition and physical activity. The complete list of honorees and their awards is
included in this release.

The City and County of San Francisco recognizes that good nutrition and regular physical
activity are critical to the health and learning of San Francisco’s children; tackling this complex
issue requires dedication to citywide collaboration and partnerships. These principles form the
foundation of the Healthy Apple Program, a voluntary quality improvement opportunity
designed to empower and support child care providers to establish and promote lifelong healthy

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habits for the children in their care, and ultimately reduce rates of childhood obesity in San Francisco.

Providers participating in Healthy Apple assess their program’s nutrition and/or physical activity practices, receive support to make improvements, and are recognized for meeting best practices. In San Francisco, nearly one out of three low-income, preschool-aged children were overweight or obese in 2011. In the United States, nearly 35 percent of U.S. children younger than five regularly attend child care.

Participants have indicated that engaging with Healthy Apple’s self-assessment tool itself is a great learning process, and that the support with additional resources and goal-setting helped them stay motivated to make changes.

More About the Healthy Apple Program:

The Healthy Apple Program is modeled after former First Lady Michelle Obama’s *Let’s Move!* Child Care campaign and the University of North Carolina’s Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC). It helps child care providers improve nutrition and physical activity in child care environments through training, resources and technical assistance. Tools to support the implementation of the research-based best practices include a self-assessment survey, goal-setting assistance, training workshops, online resources and award recognition.

Development of the Healthy Apple Program was led by Children’s Council of San Francisco in collaboration with the Child Care Wellness Collaborative, including SFDPH Maternal, Child and Adolescent Health; First 5 San Francisco; WIC; Head Start; SF Office of Early Care and Education; and SFUSD. Funding for this program is provided by SNAP-Ed through San Francisco Department of Public Health Feeling Good Project, Child Care Health Program, Healthy Hearts SF, SF Office of Early Care and Education and the US Department of Education through the Mission Promise Neighborhood Grant. Past funders include the Community Transformation Initiative through SF Department of Public Health and Kaiser Permanente San Francisco Community Benefit Program. For more information visit: [www.HealthyApple.org](http://www.HealthyApple.org).

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<table>
<thead>
<tr>
<th>2017 Healthy Apple Award Recipients</th>
<th>For Excellence in Child Care Nutrition and Physical Activity Practices</th>
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| Ana Gomez                            | Silver in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Barbara Ngtsang                      | Bronze in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Carabao Kids Family Child Care       | Silver in **Nutrition**  
                                                 |                           |
| Felton Learning Center               | Silver in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Holy Family Day Home                 | Bronze in **Nutrition**  
                                                 |                           |
| Judith Baker Child Development Center| Silver in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Julie Wan Ru Jiang                   | Gold in **Nutrition**  
                                                 | Gold in **Physical Activity** |
| K.Z.V. Armenian School               | Silver in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| La Marelle                           | Gold in **Nutrition**  
                                                 | Silver in **Physical Activity** |
| Las Mañanitas                        | Silver in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Martin Luther King Jr. Center        | Silver in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Mission YMCA Preschool               | Silver in **Nutrition**  
                                                 |                           |
| Sandy Hong                           | Bronze in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Telegraph Hill Neighborhood Center   | Bronze in **Physical Activity**  
                                                 |                           |
| Wu Yee Cadillac                      | Bronze in **Nutrition**  
                                                 |                           |
| Wu Yee Children’s Services - Southeast| Silver in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Wu Yee Children’s Services GenerationsCDC | Silver in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Wu Yee Children’s Services Little Sprouts CDC | Bronze in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Wu Yee New Generation                | Bronze in **Nutrition**  
                                                 |                           |
| Xiu Ling Wu                          | Bronze in **Physical Activity**  
                                                 |                           |
| Yerba Buena Gardens CDC              | Silver in **Nutrition**  
                                                 | Bronze in **Physical Activity** |
| Zonia Torres                         | Gold in **Nutrition**  
                                                 | Gold in **Physical Activity** |