



HEALTHY EATING AND PHYSICAL ACTIVITY: A POLICY FOR CHILD CARE

Importance:

A healthy diet and adequate physical activity are essential for a child's learning, growth, development and overall health and happiness.

Provider's Responsibilities:

1. Meals and snacks will at minimum meet the requirements of the Child and Adult Care Food Program (USDA) and the majority of the time menu items will be selected from the **Preferred Choice* column (Please see attachment)
2. Meals and snacks will be purchased using locally produced¹ fruits, vegetables, and other whole food items to the maximum extent feasible.²
3. Meals and snacks will be purchased using locally produced fruits, vegetables, and other whole food items directly from farmers to the maximum extent feasible.³
4. I will serve beverages following the guidelines of the American Academy of Pediatrics for recommended daily beverage intake. (Please see attachment)
5. Menus will be shared with parents at least 2 weeks in advance.
6. Soda, diet soda, candy, chips and otherwise unhealthy food will not be served in the facility.
7. Drinking water will be available to children indoors and outdoors throughout the day.
8. Children younger than 1 year old will not get fruit juice. If juice is served to children older than 1, 100% juice will be served only at meal or snack time and children will not be allowed to drink juice continually throughout the day. Parents will be asked how much juice is served at home to ensure children are not receiving more than 4 oz of juice per day. Water will be substituted if children are thirsty between meals.
9. Adults will act as a role model to promote healthy eating behaviors by sitting down to eat with the children and eating healthy foods.
10. During meal time adults will talk with children about different types of healthy foods, healthy eating and different cultures foods.
11. Small-sized, age appropriate portions will be placed on the table for family style serving. Children should be allowed additional servings of nutritious foods. Serving utensils, eating utensils, plates and cups will be child sized and children will be encouraged to eat with utensils not hands when appropriate.
12. Children will be encouraged to serve and feed themselves in a family style environment with serving bowls, plates and pitchers all on the table.
13. Children will be seated at the table when eating meals and snacks.

14. Children will decide how much of a child size portion of food they will eat. Children will never be forced or punished for not eating.

15. Children should be given sufficient time to eat their meal or snack and will not be rushed during eating. Playing will not be allowed during meal time.

16. Food will not be offered as a reward or denied as a punishment.

17. I will limit T.V. time to no more than 30 minutes once a week of educational or physical activity programs for children greater than 2 years of age only. TV will not be used during meal or snack time. Computer time will be limited to 15 minute increments. Children under 2 years will not watch TV. I will encourage and plan the following activities: _____

18. Meals and snacks will be scheduled and provided at regular times. Children 1-5 years old will be offered food at least 2 hours apart and not more than 3 hours apart. Children under 1 year old will be fed on cue and as often as possible by a consistent caregiver. Our meal schedule will be:

19. Active play will be encouraged every day such as running, climbing, dancing, skipping and jumping. Children get to be active outdoors twice a day and I will provide 2 structured activities throughout the day. Listed are structured activities I will coordinate: _____

20. Children 1 year to six years will be allowed 60 to 90 minutes of active play per day.

21. Physical activity will not be restricted as a punishment.

22. Adults will model active behavior for children by participating in active play outdoors and indoors.

23. Preschool gardens, including container gardens, are strongly encouraged and every child will be given the opportunity to garden where feasible.⁴

24. Children will brush their teeth once during the day to help prevent cavities.

25. Good health and eating habits will be promoted with toys, posters, lesson plans, etc. Some of the lessons I plan to teach are: _____

26. I will provide nutrition education that highlights local foods and may include hands on activities such as taste tests of local fruits and vegetables, gardening, and visits to farms or farmers' markets or visits by local farmers.⁵

27. Children will never be denied entry into this program because they are breastfeeding.

28. Breastfeeding will be supported by providing a place for nursing mothers to feed their babies and by coordinating feeding schedules in child care with the mother's schedule. Mothers who desire privacy for breastfeeding may use

_____ (location in the facility).

29. Expressed breast milk will be accepted and used within 48 hours of being expressed. Breast milk will be stored in the refrigerator in a bottle labeled with the baby's name and date the milk was expressed.

30. If parents prefer to bring food from home they are asked to follow the nutritional guidelines outlined in the CACFP attachment.

31. I will encourage healthy eating by enforcing a healthy party policy in my facility so only healthy foods will be served at parties such as: _____

32. If parents would like to bring food for special occasions such as parties or celebrations they will be asked to bring healthy celebratory foods as listed above.

33. I will include parents in my healthy eating and physical activity planning by:

34. I will continue my education on how to make my facility a healthy and safe place by:

35. I will post this policy in my home/center so it is available to parents and visitors at all times.

¹ Provider can define 'locally produced' using a specific distance such as within 100 or 200 miles of the preschool or within the state; or can try to buy as local as possible.

² To the maximum extent feasible means within operating within financial and logistical limits but always trying to buy as much as possible from local farmers.

³ Provider can contract with local farmers to deliver food, can purchase from farmers' markets, farm stands, through CSA (community supported agriculture) programs, or encourage their nutrition services vendor to purchase from local produce distribution firms. If it is not feasible to purchase directly from local farmers, provider can buy food from distributors or stores that source locally or can partner with another institution that already sources locally (such as a school with a farm to school program).

⁴ Gardens can range from each child having a small container to grow a plant in, to larger shared containers, to outdoor raised beds or in ground gardens. If provider has space for a larger garden, parents can potentially be invited to participate in a shared preschool and community garden.

⁵ Provider can use the free Farm to Preschool nutrition and garden-based curriculum, developed by the Urban & Environmental Policy Institute at Occidental College (Los Angeles), downloadable online on the San Diego Childhood Obesity Initiative's website at:

<http://www.ourcommunityourkids.org/domains--committees/early-childhood/farm-to-preschool-.aspx>

Policy Application:

This policy applies every day there are children in my care.

Policy Communication:

As the Child Care Center Director or Family Child Care Provider I will train my staff on the above policies and have them sign a copy to be kept in their personnel files. I will provide all parents with a copy of this policy and keep them updated on activities and plans having to do with this policy.

Reviewed by:

_____	Director/Owner
_____	Staff member
_____	Staff member
_____	Health Consultant

Effective Date:

This policy is effective _____ (MM/DD/YYYY) and I will review this every 12 months or as needed.

Healthy Beverage Guidelines

I will provide healthy beverages and meals to follow current recommendations:

Beverage	Infant 0-12 months	Toddler 12-24 months	Child 2+ years
Milk	Breast milk 24-28 ounces/day on demand*	Whole milk or breast milk approximately 16 ounces/day	1% or Skim 16-24 ounces/day
Juice	No juice needed	4 ounces of 100% juice	4-6 ounces of 100% juice
Water	No water needed	As needed	As needed
* Amount may decrease as solids increase, breast milk is recommended, same amounts apply to formula fed infants. Breastfeeding may continue as long as desired.			

USDA Child and Adult Care Food Program Requirements

Child Meal Pattern Breakfast Select All Three Components for a Reimbursable Meal				*Preferred Choice
Food Components	Ages 1-2	Ages 3-5	Age 6- 12¹	
1 milk Fluid Milk	½ cup	¾ cup	1 cup	1% or Skim Milk for children 2 and older
1 fruit/vegetable Juice ² , fruit and/or vegetable	¼ cup	½ cup	½ cup	Whole fresh fruit or fresh vegetable
1 grains/bread³ Bread or Cornbread or biscuit roll or muffin or Cold dry cereal or Hot cooked cereal or Pasta or noodles or grains	½ slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup	Whole grains Choose foods that name one of the following whole-grain ingredients <i>first</i> on the label's ingredient list: "brown rice" "whole oats" "bulgur" "graham "whole rye" flour" "oatmeal" "whole wheat" "whole-grain corn" "wild rice"
¹ Children aged 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column. ² Fruit or vegetable juice must be full-strength. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified ⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁵ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. ⁶ Yogurt may be plain or flavored, unsweetened or sweetened.				

Child Meal Pattern Lunch or Supper Select All Three Components for a Reimbursable Meal				*Preferred Choice
Food Components	Ages 1-2	Ages 3-5	Age 6-12 ¹	
1 milk Fluid Milk	½ cup	¾ cup	1 cup	1% or Skim Milk for children 2 and older
2 fruits/vegetables Juice ² , fruit and/or vegetable	¼ cup	½ cup	¾ cup	Whole fresh fruit or fresh vegetable
1 grains/bread³ Bread or Cornbread or biscuit roll or muffin or Cold dry cereal or Hot cooked cereal or Pasta or noodles or grains	½ slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup	Whole grains Choose foods that name one of the following whole-grain ingredients <i>first</i> on the label's ingredient list: "brown rice" "whole oats" "bulgur" "oats" "graham flour" "whole rye" "oatmeal" "whole wheat" "whole-grain corn" "wild rice"
1 meat/meat alternate Meat or poultry or fish ⁴ or Alternate protein product or Cheese or Egg or Cooked dry beans or peas or Peanut or other nut or seed butters or Nuts and/or seeds ⁵ or Yogurt ⁶	1 ounce 1 ounce 1 ounce ½ egg ¼ cup 2 Tbsp. ½ ounce 4 ounces	1½ ounces 1½ ounces 1½ ounces ¾ egg ⅜ cup 3 Tbsp. ¾ ounce 6 ounces	2 ounces 2 ounces 2 ounces 1 egg ½ cup 4 Tbsp. 1 ounce 8 ounces	Choose lean protein such as chicken breast, turkey, fish, low fat/part skim cheese, non fat plain yogurt. If selecting red meat select lean red meat such as 85% lean ground beef.
¹ Children aged 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column. ² Fruit or vegetable juice must be full-strength. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁵ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. ⁶ Yogurt may be plain or flavored, unsweetened or sweetened.				

Child Meal Pattern Snack Select Two of the Four Components for a Reimbursable Meal				*Preferred Choice
Food Components	Ages 1- 2	Ages 3- 5	Age 6- 12¹	
1 milk Fluid Milk	½ cup	½ cup	1 cup	1% or Skim Milk for children 2 and older
1 fruit/vegetable Juice ² , fruit and/or vegetable	½ cup	½ cup	¾ cup	Whole fresh fruit or fresh vegetable
1 grains/bread³ Bread or Cornbread or biscuit roll or muffin or Cold dry cereal or Hot cooked cereal or Pasta or noodles or grains	½ slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup	Whole grains Choose foods that name one of the following whole-grain ingredients <i>first</i> on the label's ingredient list: "brown rice" "whole "bulgur" "oats" "graham "whole flour" "rye" "oatmeal" "whole "whole-grain "wheat" corn" "wild "rice"
1 meat/meat alternate Meat or poultry or fish ⁴ or Alternate protein product or Cheese or Egg or Cooked dry beans or peas or Peanut or other nut or seed butters or Nuts and/or seeds ⁵ or Yogurt ⁶	½ ounce ½ ounce ½ ounce ½ egg ⅛ cup 1 Tbsp. ½ ounce 2 ounces	½ ounces ½ ounces ½ ounces ½ egg ⅛ cup 1 Tbsp. ½ ounce 2 ounces	1 ounce 1 ounce 1 ounce ½ egg ¼ cup 2 Tbsp. 1 ounce 4 ounces	Choose lean protein such as chicken breast, turkey, fish, low fat/part skim cheese, non fat plain yogurt. If selecting red meat select lean red meat such as 85% lean ground beef.
¹ Children aged 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column. ² Fruit or vegetable juice must be full-strength. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁵ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. ⁶ Yogurt may be plain or flavored, unsweetened or sweetened.				

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1 Cup =		Baseball
3/4 Cup =		Tennis Ball
1/2 Cup =		Computer Mouse
1/4 Cup =		Egg
3 Oz. =		Deck of Cards
2 Teaspoons =		Ping-Pong Ball

