

**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. Every day, children in a full day program will spend at least 2 hours being physically active. Children in a half day program will spend at least 1 hour being physically active. As much of this time as possible should be outdoor free play. Providers will engage children in active play if they are not active on their own. Please describe unstructured playtime: _____

2. Meals and snacks will meet the requirements of the Child and Adult Care Food Program (USDA). (Please see attachment)
3. I will provide a variety of fresh fruit, and vegetables for healthy snacks.
4. Children will follow the guidelines of the American Academy of Pediatrics for recommended daily beverage intake. (Please see attachment)
5. Children will brush their teeth once during the day to help prevent cavities.
6. If juice is served, 100% juice will be served at breakfast or snack time and children will not be allowed to drink juice continually throughout the day. Water will be substituted.
7. Adults will act as a role model to promote healthy eating behaviors by sitting down to eat with the children consuming the same healthy foods offered to the children.
8. Food will not be offered as a reward or denied as a punishment.
9. Soda, diet soda, candy, chips and otherwise unhealthy food will not be served in the facility.
10. I will limit T.V. time to less than 1 hour of educational programs for children grater than 2 years of age only. I will encourage and plan the following activities: _____

11. Meals and snacks will be scheduled and provided at regular times. Our meal schedule will be: _____

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

13. 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.
14. Children will never be denied entry into this program because they are breastfeeding.
15. 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).
16. 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.
17. 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: _____
18. I will include parents in my healthy eating and physical activity planning by: _____
19. I will continue my education on how to make my facility a healthy and safe place by: _____
20. I will post this policy in my home/center so it is available to parents and visitors at all times.

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 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	Lowfat milk 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			
Food Components	Ages 1-2	Ages 3-5	Age 6-12 ¹
1 milk			
Fluid Milk	½ cup	¾ cup	1 cup
1 fruit/vegetable			
Juice ² , fruit and/or vegetable	¼ cup	½ cup	½ cup
1 grains/bread³			
Bread or	½ slice	½ slice	1 slice
Cornbread or biscuit roll or muffin or	½ serving	½ serving	1 serving
Cold dry cereal or	¼ cup	⅓ cup	¾ cup
Hot cooked cereal or	¼ cup	¼ cup	½ cup
Pasta or noodles or grains	¼ cup	¼ cup	½ cup

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.

USDA Child and Adult Care Food Program Requirements

Child Meal Pattern Lunch or Supper Select All Three Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Age 6-12¹
1 milk			
Fluid Milk	½ cup	¾ cup	1 cup
2 fruits/vegetables			
Juice ² , fruit and/or vegetable	¼ cup	½ cup	¾ cup
1 grains/bread³			
Bread or	½ slice	½ slice	1 slice
Cornbread or biscuit roll or muffin or	½ serving	½ serving	1 serving
Cold dry cereal or	¼ cup	⅓ cup	¾ cup
Hot cooked cereal or	¼ cup	¼ cup	½ cup
Pasta or noodles or grains	¼ cup	¼ cup	½ cup
1 meat/meat alternate			
Meat or poultry or fish ⁴ or	1 ounce	1½ ounces	2 ounces
Alternate protein product or	1 ounce	1½ ounces	2 ounces
Cheese or	1 ounce	1½ ounces	2 ounces
Egg or	½ egg	¾ egg	1 egg
Cooked dry beans or peas or	¼ cup	⅜ cup	½ cup
Peanut or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
or Nuts and/or seeds ⁵ or	½ ounce	¾ ounce	1 ounce
Yogurt ⁶	4 ounces	6 ounces	8 ounces
<p>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.</p> <p>² Fruit or vegetable juice must be full-strength.</p> <p>³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</p> <p>⁴ A serving consists of the edible portion of cooked lean meat or poultry of fish.</p> <p>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.</p> <p>⁶ Yogurt may be plain or flavored, unsweetened or sweetened.</p>			

USDA Child and Adult Care Food Program Requirements

Child Meal Pattern Snack			
Select Two of the Four Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Age 6-12¹
1 milk			
Fluid Milk	½ cup	½ cup	1 cup
1 fruit/vegetable			
Juice ² , fruit and/or vegetable	½ cup	½ cup	¾ cup
1 grains/bread³			
Bread or	½ slice	½ slice	1 slice
Cornbread or biscuit roll or muffin or	½ serving	½ serving	1 serving
Cold dry cereal or	¼ cup	⅓ cup	¾ cup
Hot cooked cereal or	¼ cup	¼ cup	½ cup
Pasta or noodles or grains	¼ cup	¼ cup	½ cup
1 meat/meat alternate			
Meat or poultry or fish ⁴ or	½ ounce	½ ounces	1 ounce
Alternate protein product or	½ ounce	½ ounces	1 ounce
Cheese or	½ ounce	½ ounces	1 ounce
Egg or	½ egg	½ egg	½ egg
Cooked dry beans or peas or	⅛ cup	⅛ cup	¼ cup
Peanut or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
or Nuts and/or seeds ⁵ or	½ ounce	½ ounce	1 ounce
Yogurt ⁶	2 ounces	2 ounces	4 ounces
<p>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.</p> <p>² Fruit or vegetable juice must be full-strength.</p> <p>³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</p> <p>⁴ A serving consists of the edible portion of cooked lean meat or poultry of fish.</p> <p>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.</p> <p>⁶ Yogurt may be plain or flavored, unsweetened or sweetened.</p>			