

Nutrition & Physical Activity Policy

Better Living Exercise Nutrition Daily





Child Care Nutrition and Physical Activity Policy



In an effort to provide the best possible nutrition environment for the children in my care, I have adopted the following nutrition policies.

FRUITS AND VEGETABLES

I support your child's healthy food choices by:

- Offering fruit to children at least 2 times a day.
- Only offering fruit canned in its own juice (no syrups), fresh, or frozen.
- Offering vegetables to children at least 2 times a day.
- Only offering vegetables steamed, boiled, roasted, or lightly stir-fried with little added fat.
- Gently encouraging children to try fruits and vegetables, and giving positive reinforcement when they do.
- Role-modeling positive behaviors by eating fruits and vegetables in the presence of the children.

MEATS, FATS, AND GRAINS

I am committed to children's nutrition by:

- Offering fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) once a week or less.
- Offering fried or pre-fried potatoes (French fries, tater tots, hash browns) once a week or less.
- Offering high fat meats like sausage, bacon, hot dogs, or bologna once a week or less.
- Offering beans or lean meats at least once a day.
- Offering most breads, pastas, and grains made from whole grains. Serving brown rice for all rice dishes when possible. Serving whole grain cereals containing 6 grams of sugar or less.
- Offering sweet or salty foods less than once a week or never.

BEVERAGES

I support your child's healthy beverage choices by:

- Making drinking water clearly visible to the children at all times (indoors and outdoors).
- Rarely offering sweetened drinks other than 100% juice.
- Offering 100% fruit juice twice a week or less.
- Serving only 1% or skim milk to children age 2 or older.

MENUS AND VARIETY

I am committed to providing a variety of foods to help assure that the children in my care consume all nutrients essential to good health by:

- Using a cycle menu of ___ weeks or greater that allows for seasonal changes.
- Serving new foods with familiar foods.
- Offering food options from a variety of cultures.
- Offering a variety of different foods on the menu.

FEEDING PRACTICES

I support and encourage healthy eating habits by:

- Helping children determine if they are full before removing their plate.
- Helping children determine if they are still hungry before serving additional food.
- Gently and positively encourage children to try a new or less favorite food.
- Not using food to encourage positive behavior or taking food away for bad behavior.

FOODS OFFERED OUTSIDE OF MEALS AND SNACKS

I support children's nutrition by:

- Having written guidelines for holidays and celebrations that encourage healthier options.
- Celebrating holidays and birthdays with mostly healthy foods or non-food treats.

SUPPORTING HEALTHY EATING

I support fostering healthy eating habits at mealtime by:

- Joining children at the table for meal times.
- Serving meals family style.
- Consuming the same food and drink as the children.

- Rarely eating less healthy foods in front of the children.
- Providing visible support for good nutrition in the children’s learning and play area through use of posters, pictures, and displayed books.
- Informally talking with the children about trying and enjoying healthy foods.

NUTRITION EDUCATION

I will create a positive environment that promotes the development of good eating habits, by:

- Attending training opportunities on nutrition (other than food safety and food programs guidelines) twice per year or more.
- Providing nutrition education to the children, through a Nutrition Program (BLEND Beginnings) one time per week or more.
- Providing nutrition education to parents twice per year or more.

In an effort to provide the best possible environment for the children in my care to be physically active, I have adopted the following physical activity policies.

ACTIVE PLAY AND INACTIVE PLAY

I will ensure every child is physically active everyday by:

- Providing at least 120 minutes of active play time to all children every day.
- Providing opportunities for outdoor active play two or more times per day.
- Providing teacher-led physical activity to all children two or more time per day.
- Making sure that children are rarely seated (excluding naps) for periods of more than 30 minutes.
- Not withholding active play time for children who misbehave. Instead, I reward good behavior with extra active play.
- Limiting screen time to less than one hour a day.

PLAY ENVIRONMENT

I will ensure your child is physically active everyday by:

- I provide fixed play equipment (tunnels, climbing and balancing equipment) that is extensive and varied for all children.

- I provide portable play equipment (wheeled toys, balls, hoops, ribbons) that is diverse and available for children to use at the same time.
- I make outdoor portable play equipment freely available to all children all of the time.
- Outdoor play space includes an open grassy area and a track/path for wheeled toys.
- Indoor play space is available for all activities, including running, when weather does not permit outdoor play.

SUPPORTING PHYSICAL ACTIVITY

I support fostering physical activity habits by:

- Encouraging children to be active and will join children in active play.
- Provide visible support for physical activity in the children’s learning and play area through use of posters, pictures, and displayed books.

PHYSICAL ACTIVITY EDUCATION

I will create a positive environment that promotes physical activity, by:

- Attending training opportunities on physical activity (other than playground safety) 2X per year or more.
- Providing physical activity education to the children, through a Physical Activity Program (BLEND Beginnings) 1X per week or more.
- Providing physical activity education to parents 2X per year or more.



[Child Care information – inserted here]

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