

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.

5

or more
fruits and
vegetables

1. Serve only meals, snacks, and treats that meet or exceed the requirements of the USDA's Child and Adult Care Food Program.
2. Serve fresh and/or frozen fruits and vegetables every day.
3. Do not offer food as a reward or deny food as a punishment. Never force or punish children for not eating.
4. Allow children after age 2 or when developmentally appropriate to take part in family style meals during meal and snack time.
 - a. Act as role models by sitting down to eat with children and eating healthy foods
 - b. Encourage children to serve themselves small-sized, age appropriate portions, and allow for additional servings of nutritious foods.

2

hours or less
recreational
screen time*

1. For children over age 2, limit T.V. time to no more than 30 minutes per week of educational or physical activity programming.
2. Do not allow children under 2 of age years to watch T.V.

1

hour or more
of physical
activity

1. Allow 60-90 minutes of age appropriate active play per day for children ages 1 to 6.
2. Encourage activities such as running, climbing, dancing, skipping and jumping.
3. Include both indoor and outdoor active play.
4. Provide 2 structured physical activities per day.

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sugary
drinks, more
water & low
fat milk

1. Provide fresh drinking water to children indoors and outdoors throughout the day and serve water between meals.
2. Do not serve soda, diet soda, fruit flavored drinks or otherwise unhealthy beverages. Do not serve fruit juice to children under age 1.



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More Healthy Eating Policies

1. Serve meals and snacks that meet the minimum requirements of the Child and Adult Care Food Program (USDA). Ensure that the menu items will be selected from the **Preferred Choice* column the majority of the time. (See attachment.)
2. Do not serve soda, diet soda, candy, chips and otherwise unhealthy food.
3. Use serving and eating utensils, plates, and cups that are child-sized.
 - Encourage children to eat with utensils and not their hands when appropriate.
4. Offer meals and snacks at scheduled regular times.
 - 1-5 years old: Offer food at least 2 hours apart and not more than 3 hours apart.
 - Under 1 year old: Feed on cue and as often as possible by a consistent caregiver.
5. Encourage children to sit at the table when eating meals and snacks.
6. Allow children to decide how much of a child-size portion of food they will eat.
7. Never force or punish children for not eating.
8. Do not offer food as a reward or deny as punishment.
9. Role model healthy eating behaviors by sitting down and eating healthy foods with the children.
10. Talk with children about different types of healthy foods, healthy eating and different cultures of foods
11. Ask parents to follow the nutritional guidelines outlined in the CACFP attachment when food is brought from home.
12. Give menus to parents at least 2 weeks in advance.
13. Allow parents to only bring healthy celebratory food for special occasions such as parties or celebrations.
14. Encourage healthy eating by enforcing a healthy party policy by only bringing healthy foods to parties.

More Physical Activity Policies

15. Coordinate structured activities that promote good health and eating habits by using toys, posters, and lesson plans.

Other Health Policies:

16. Provide children that opportunity to brush their teeth once during the day to prevent cavities.
17. Never deny children entry into the program because they are breastfeeding.
18. Support breastfeeding by providing a place for nursing mothers to feed their babies.
19. Coordinate feeding schedules in child care with the mother’s schedule.
20. Mothers who desire privacy to breastfeeding may use _____ (location in the facility).
21. Accept expressed breast milk and use within 48 hours of being expressed.
 - Store breast milk in the refrigerator in a bottle labeled with the baby’s name and date the milk was expressed.

I agree to distribute this policy to every family enrolled and obtain a signature to verify. _____ (initials)

Owner/Director’s Signature

Date

Health Educator’s Signature

Date



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Healthy Beverage Guidelines:

Healthy beverages and meals should 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 6-12 ¹	
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	½ slice ½ serving 1/3 cup ¼ cup	1 slice 1 serving ¾ 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" "bulgur" "graham flour" "whole oats" "whole rye" "oatmeal" "whole-grain corn" "whole wheat" "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 of 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" "whole rye" "graham flour" "whole wheat" "oatmeal" "wild rice" "whole-grain corn"
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 3 Tbsp. ¾ ounce 6 ounces	2 ounces 2 ounces 2 ounces 1 egg ½ cup 4 Tbsp. 1 ounce	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.

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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 of 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
¾ Cup =		Tennis Ball
½ Cup =		Computer Mouse
¼ Cup =		Egg
3 Oz. =		Deck of Cards
2 Teaspoons =		Ping-Pong Ball



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 6-12 ¹	
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 1/3 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" "whole rye" "graham flour" "whole wheat" "oatmeal" "wild rice" "whole-grain corn"
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 1/8 cup 1 Tbsp. ½ ounce 2 ounces	½ ounces ½ ounces ½ egg 1/8 cup 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.				