

# 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.

## NUTRITION

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. Food should not be used as a reward or be denied food as a punishment. Children should not be punished 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.
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## 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. Children under 2 years should not watch T.V.
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## PHYSICAL PHYSICAL

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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## BEVERAGES

1. Provide fresh drinking water to children indoors and outdoors throughout the day and serve water between meals.
  2. If serving juice, limit servings to 4oz per day of 100% juice.
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## More Healthy Eating Policies

1. Use serving and eating utensils, plates, and cups that are child-sized.
  - a. Encourage children to eat with utensils and not their hands when appropriate.
2. Offer meals and snacks at scheduled regular times.
  - a. 1-5 years old: Offer food at least 2 hours apart and not more than 3 hours apart.
  - b. Under 1 year old: Feed on cue and as often as possible by a consistent caregiver.
3. Encourage children to sit at the table when eating meals and snacks.
4. Talk with children about different types of healthy foods, healthy eating and different cultures of foods.
5. Ask parents to follow the nutritional guidelines outlined in the CACFP attachment when food is brought from home.
6. Give menus to parents at least 2 weeks in advance.
7. Allow parents to only bring healthy celebratory food for special occasions such as parties or celebrations.
8. Encourage healthy eating by enforcing a healthy party policy by only bringing healthy foods to parties.

## More Physical Activity Policies

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

## Oral Hygiene Policy

1. Provide children the opportunity to brush their teeth once during the day to prevent cavities.

## Breastfeeding Policy

1. Written policies or procedures supporting breastfeeding parents and employees shall be adopted.
2. No child will be denied entry into the facility because they are breastfeeding.
3. Create a breastfeeding-friendly environment.
  - Child care feeding schedules shall be coordinated with the mother's schedule.
  - Mothers who want to breastfeed shall be provided with a clean, private location in the facility.
4. Resources will be offered to families and employees.
  - Pamphlets and educational materials shall be available to families and employees.
5. Training shall be provided to employees to support breastfeeding.
  - Staff will be trained on proper storage, handling and feeding practices regarding breast feeding.
6. Staff shall follow proper storage and handling of expressed breast milk.
  - Breast milk shall be stored in the refrigerator in a bottle labeled with the baby's name and date the milk was expressed.
  - Staff shall accept expressed breast milk, and use within the following guidelines:

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## Guide to storing fresh breastmilk for use with healthy full-term infants

Place	Temperature	How long
Countertop, table	Room temp (up to 77°F)	Up to 3 to 4 hours is best. Up to 6 to 8 hours is okay for very clean expressed milk.
Refrigerator	39°F or colder	Up to 3 days is best. Up to 5 days is okay for very clean expressed milk.

## Guide to storing thawed breastmilk

	Room temperature (60°F to 85°F)	Refrigerator (39°F or colder)	Any freezers
Thawed breastmilk	Up to 1 to 2 hours is best. Up to 3 to 4 hours is okay.	24 hours	Do not refreeze.

## USDA Child and Adult Care Food Program Requirements

<b>Breakfast</b>			
<b>(Select all three components for a reimbursable meal)</b>			
<b>Food Components and Food Items<sup>1</sup></b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	6 fluid ounces	8 fluid ounces
<b>Vegetables, fruits, or portions of both<sup>4</sup></b>	¼ cup	½ cup	½ cup
<b>Grains (oz eq)<sup>5,6,7</sup></b>			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>8,9</sup>			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup
Granola	½ cup	½ cup	½ cup

<sup>1</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

<sup>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>5</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>6</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

<sup>7</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>8</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

<sup>9</sup> Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

<b>Lunch and Supper</b>			
<b>(Select all five components for a reimbursable meal)</b>			
<b>Food Components and Food Items<sup>1</sup></b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	6 fluid ounces	8 fluid ounces
<b>Meat/meat alternates</b>			
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces
Large egg	½	¾	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%
<b>Vegetables<sup>6</sup></b>	⅛ cup	¼ cup	½ cup
<b>Fruits<sup>6,7</sup></b>	⅛ cup	¼ cup	½ cup
<b>Grains (oz eq)<sup>8,9</sup></b>			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup

<sup>1</sup> Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

<sup>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>7</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

<sup>8</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

<sup>9</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

<sup>10</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal)

<b>Snack</b>			
<b>(Select two of the five components for a reimbursable snack)</b>			
<b>Food Components and Food Items<sup>1</sup></b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	4 fluid ounces	8 fluid ounces
<b>Meat/meat alternates</b>			
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce
Tofu, soy product, or alternate protein products <sup>4</sup>	½ ounce	½ ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce
Large egg	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce
<b>Vegetables<sup>6</sup></b>	½ cup	½ cup	¾ cup
<b>Fruits<sup>6</sup></b>	½ cup	½ cup	¾ cup
<b>Grains (oz eq)<sup>7,8</sup></b>			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9,10</sup>			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup

- <sup>1</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
- <sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- <sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- <sup>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>7</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
- <sup>8</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- <sup>9</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
- <sup>10</sup> Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

### Healthy Beverage Guidelines:

Healthy beverages and meals shall follow current recommendations

<b>Beverages</b>			
<b>Beverage</b>	<b>Infant 0-12 months</b>	<b>Toddler 12-24 months</b>	<b>Child 2+ years</b>
<b>Milk</b>	Breast milk 24-28 ounces/day on demand*	Whole milk or breast milk approximately 16 ounces/day	1% or Skim 16-24 ounces/day
<b>Juice</b>	No juice needed	4 ounces of 100% juice	4-6 ounces of 100 % juice
<b>Water</b>	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.			