

Writing your nutrition, physical activity, and breastfeeding support practices into your program policies has a variety of benefits:

- Gives clear guidelines for active play and nutrition
- Provides a tool for accountability and communication among staff and families
- Educates families on the importance of active play and healthy eating
- Shows families the value you place on healthy eating and active play

Consider writing these practices into your program policies, which may include parent handbooks, staff manuals, or other written documents.

## ***Nutrition—Sample Policy Statements***

### **Food Quality:**

- Our program follows the national standards set forth by the Child and Adult Care Food Program (CACFP), which requires that a variety of foods from all food groups be served every day.
- In addition to following these national standards, we also strive to serve whole grain-rich foods two times per day, serve whole fruits more often than fruit juice, serve a variety of dark green, orange, red, and deep yellow vegetables often, serve lean protein foods, and offer low-fat (1%) or skim milk to children over the age of 2 years.

### **Beverages:**

- Water will be offered to children throughout the day, and 100% fruit juice will be limited to no more than one, 4-6 oz serving per week.
- Sugary beverages, such as Kool-Aid, Hi-C, Capri Sun, pop, sports drinks, and sweet tea will not be offered.

### **Meal Time Environment:**

- Meals at our program are served family-style, and I (*or staff*) often model eating healthy foods by eating meals with the children.
- Children will be encouraged to try all foods, but will never be forced or bribed to eat anything.
- Food will not be offered as a reward or withheld as punishment.

### **Nutrition Education:**

- In addition to offering children nutritious foods, our program will also strive to teach children about healthy foods through activities during story time and during a special unit every year (*or month, week, quarter, etc.*).

### **Professional Development:**

- I (*or staff*) take one training every year on child nutrition to ensure we are up-to-date with the latest child nutrition information.

## ***Breastfeeding Support—Sample Policy Statements***

### **Providing Space for Breastfeeding:**

- All breastfeeding mothers will be provided a place to breastfeed or express their milk (*pump*), if desired.
- Breastfeeding mothers will be provided a private and sanitary place to breastfeed their babies or express their milk (*pump*), with an electrical outlet and comfortable chair.

### **Training and Storing/Handling Expressed Breast Milk:**

- Refrigerator space is available to store expressed milk.
- I (*or staff*) are trained on the handling of breast milk, and will follow guidelines from the American Academy of Pediatrics and Centers for Disease Control to ensure that breast milk is properly treated.

### **Breastfeeding Promotion:**

- Educational materials for breastfeeding will be provided to families upon request.
- Promotional breastfeeding material may be displayed, including posters, books, and brochures.

## ***Active Play—Sample Policy Statements***

### **Amount of Physical Activity and Outdoor Play Provided:**

- We strive to provide at least 120 minutes of active play every day.
- We provide opportunities for outdoor play 2 or more times per day.
- Other than meals and naps, children are not seated for periods of more than 15 minutes.
- Children will go outside during winter months if temperature is above \_\_\_\_\_. Please provide appropriate clothing, such as..... (*list examples of appropriate clothing*)
- Non-crawling infants will be offered several supervised periods of tummy time each day in order to support gross motor development.

### **Active Play Time and Behavior:**

- Active play time will not be withheld for more than 5 minutes to manage any challenging behaviors.
- Children may be provided with additional active play time as a reward for positive behaviors.

### **Promoting Physical Activity:**

- I (*or staff*) encourage physical activity by participating, leading, and planning activities into lessons and daily routines.

### **Screen Time:**

- We rarely (*or never*) show television shows, movies, or utilize other forms of screen time. If a television show or movie is shown, the programming is educational, commercial free, or is used to promote physical activity.