

Voluntary Wellness Policies for Child Care Centers in Georgia

Funding source: Team Nutrition Grant

R = Required for participation in Wellness Policy Initiative; E = Encouraged.

<p>Policy #1. Breastfeeding is promoted and adequately supported.</p> <ul style="list-style-type: none">• Provide refrigeration for storing expressed breast milk and feed this milk to the child as requested by the parent /guardian. (R)• Use thawed breast milk within 24 hours and fresh breast milk within 48 hours. (R)
<p>Policy #2. Foods served to children exceed the USDA Child and Adult Care Food Program (CACFP) guidelines and meet the Dietary Guidelines for Americans/My Pyramid for Preschoolers recommendations.</p> <ul style="list-style-type: none">• Children in a part day child care center receive meals/snacks that provide $\frac{1}{3}$ of the child's nutritional needs, while children in a full day child care program must receive meals/snacks that provide $\frac{1}{2}$ to $\frac{2}{3}$ of the child's nutritional needs. (R)• Children are served foods and beverages that promote acceptance of a variety of foods. (R)• Children are served fresh fruits and vegetables daily. (E)• Children are offered healthful beverages such water, 100% juice with no added sugars, artificial sweeteners, flavoring, and colors and low-fat or fat-free milk for children older than age two. (R)• Children are served new and familiar foods. (R)• A dietitian is consulted to ensure that a variety of nutritious, appealing, and age appropriate foods are served. (E)
<p>Policy #3. Children always have access to safe drinking water and are encouraged to drink water frequently throughout the day.</p> <ul style="list-style-type: none">• Adults model frequent drinking of water instead of drinking other fluids. (R)
<p>Policy #4. The daily schedule promotes a relaxed and adequate period for meals and snacks.</p> <ul style="list-style-type: none">• Quiet time precedes meals to promote relaxed eating. (R)• Meal schedules are long enough to allow for conversation and for serving food to the children several times, if necessary. (R)
<p>Policy #5. Food and physical activity are not used as incentives or punishment.</p> <ul style="list-style-type: none">• Children are neither rewarded nor punished with physical activity. (R)
<p>Policy #6. Children serve themselves during meals and snacks with adult supervision.</p> <ul style="list-style-type: none">• Food is served in a manner that allows children to select amounts and varieties of foods they will eat. (R)• Food is served in a form that young children can eat without assistance, when appropriate. (R)• Adults eat with children and model good eating habits by consuming only healthful foods and beverages in the presence of children. (R)
<p>Policy #7. Nutrition and physical activity are taught as specific learning objectives and woven into activities throughout the day.</p> <ul style="list-style-type: none">• A nutrition and/or physical activity curriculum is adopted. (E)• Books are read relating to food, eating, and physical activity to children before or after meals and snacks. (E)• Activities and games that increase knowledge and acceptance of a variety of foods and physical activities are planned. (R)• Children are engaged in planning and preparing food when appropriate. (E)• Educational tools are used to promote healthy eating and physical activity. (R)

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Policy #8. Parents are partners in the task of fostering healthy eating and physical activity habits for children.

- Daily information is provided to parents about their child's activities and needs including eating and physical activity. **(R)**
- Information and ideas are provided to families that discuss how they can support healthy nutrition and physical activity practices. **(R)**
- A written policy on nutrition, food service, and physical activities is shared with parents before a child enters provider care. **(R)**
- Information is provided to parents about being healthy role models for their children. **(E)**

Policy #9. Sanitation, hygiene, and food handling are monitored to ensure a healthy environment.

- A policy is developed and shared with parents regarding food brought from home that addresses food safety and nutrition and requires prior approval of any foods brought for sharing. **(R)**
- Hand washing is stressed as the first defense against spreading germs. Adults and children wash their hands frequently. **(R)**
- When appropriate, sinks, soap, and paper towels are placed at children's height so hand washing is easy and comfortable. **(R)**
- Adults are trained and monitored on procedures for preparing, serving, and storing food and on sanitizing and disinfecting dishes, equipment, and surfaces. USDA food sanitation standards are observed. **(R)**
- Toys and playground equipment are regularly cleaned. **(R)**

Policy #10. At least 60 minutes of physical activity are scheduled daily, and screen time will be limited for toddlers and preschoolers.

- Physical activity is scheduled throughout the day as recommended by the National Association for Sport and Physical Education in the physical activity guidelines for infants and toddlers and is a part of the regular schedule. **(R)**
- Unstructured playtime and planned movement experiences, both indoor and outdoor, are included in the schedule. **(R)**
- Center will limit television and video viewing to less than one hour per day, including educational programs, for children older than age two. **(R)**
- Center will ensure that children younger than age two are not viewing television or videos. **(R)**

Policy #11. Physical activities, equipment, and facilities are developmentally appropriate and safe and meet the National Association for Sport and Physical Education guidelines for young children.

- Activities focus on age appropriate motor skills. Children have the opportunity to practice important skills. Cooperation is stressed while competition is avoided. **(R)**
- Equipment and facilities are routinely monitored for safety. **(R)**
- Activities and equipment are age appropriate, and all children, regardless of age, have equipment to play on that provides them the chance to have fun and be active. **(R)**
- Staff participate in and model physical activities for the children and facilitate/encourage children's movement and exploration of their environment. **(R)**

Policy #12. Staff is adequately trained about nutrition and physical activities for young children.

- Wellness information and/or activities for employees are provided. **(R)**
- Staff are provided with training about nutrition and physical activity for young children. **(R)**

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