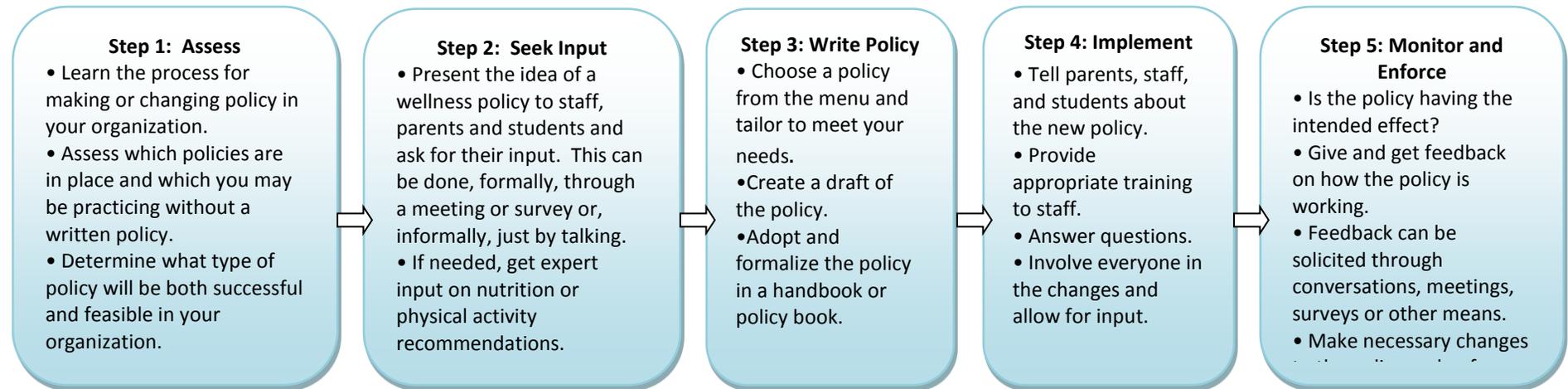


Healthy Preschool Program Menu

Early Childhood Education programs play a critical role in the comprehensive approach to improving child health. These programs have a unique opportunity to implement model practices when it comes to healthy eating and physical activity. Learning and developing healthy eating and physical activity skills at a young age will create a healthier population, reduce obesity and chronic disease, and allow for children to develop, grow, learn, and have a healthy future. Implementing a wellness policy focusing on healthy preschool time will demonstrate that your organization recognizes the importance of a healthy lifestyle, and supports an environment conducive to healthy lifestyle choices.

Adopting a Healthy Program Policy

Creating a policy is your organization's commitment to operating in a certain way. Adopting a policy may be as simple as writing it and putting it in your organization's handbook or it may require a bit more time. Just as each organization's policy will be different, so will the process for adopting the policy. The model below can be used as a guide to adopting your organization's healthy program policy:



Healthy Program Menu

This menu provides a selection of wellness policy ideas for your organization to consider. As you read through the menu use the check box to assess what **practices** are already in place, what **policies** are currently in place and where the most **opportunity** will be for your organization.

Creating a written policy ensures that the healthy practices your organization wants to adopt will be standard for years to come regardless of changes to the organization. It also helps your organization communicate to parents, caretakers, partners, potential funders, and staff, your commitment to the children you serve and creates the best possible environment for their growth, learning and development. This model preschool wellness policy has been adapted from recommendations of American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education, and "Let's Move! ChildCare. "

Healthy Preschool Program Policy Menu

Physical Activity

Adopting policy related to physical activity helps to ensure that children will get the recommended amounts of physical activity each day. The recommend amount of physical activity for children ages 2-5 is 3 hours spread throughout each day.

Policy	Practicing and policy	Practicing, but no written policy	Opportunity for policy
Brief (10-15 minute) physical activity sessions are incorporated into the daily schedule <ul style="list-style-type: none"> • Infants will have daily-supervised tummy time and outdoor activities such as stroller rides (weather permitting). • Teachers will schedule two or three active playtimes for children (60-120 minutes of activity/day). These can be structured and unstructured. 			
Active play time is incorporated into the daily schedule for all children <ul style="list-style-type: none"> • Teachers will incorporate physical action into children’s indoor play and learning activities. • Consider specifying time for outdoor active play, and structured vs. unstructured play time • In the case of bad weather consider having an alternate plan for indoor physical activity 			
Clothing which allows for active play will be required <ul style="list-style-type: none"> • Teachers will wear clothing and shoes that allow for easy movement and will lead and participate in physical activity. • Children will wear clothing and shoes that allow for easy movement. 			
Physical activity will not be used or taken away as a punishment.			
Notes - use this space to write down next steps, ideas, or challenges you anticipate:			

Practicing and Policy = Yes, we already do that! It is already a written policy at our organization.

Practicing, but no written policy = Yes, we do that all the time, but it isn’t written down anywhere. **Hint:** A check in this box indicates a great, yet easy opportunity to adopt policy.

Opportunity for Policy = We can do this! Put a check here if you think this is a policy your organization could adopt.

Healthy Program Policy Menu

Nutrition

Adopting policy related to nutrition helps to ensure that children receive and learn about adequate nutrition for optimal learning and growth. For example, getting the recommended amount of fruits, vegetables and whole grains, and learning positive nutrition behaviors. For ideas on healthy snacks, see appendix A.

Policy	Practicing and policy	Practicing, but no written policy	Opportunity for policy
<p>For Infants (ages 0-1 year), the following feeding standards will be used:</p> <ul style="list-style-type: none"> • Infants will be fed only human milk or formula, never cow’s milk • Infants will be fed when hungry and are allowed to stop feeding when they show signs of fullness. • Infants will be held by a caregiver or teacher while bottle feeding. • Mothers are encouraged to breastfeed onsite, if possible, and breastfeeding is supported. • Infants will be fed solid foods no sooner than 4 months and will follow feeding guidelines of parents and primary care providers. 			
<p>For Toddlers and Preschoolers (ages 1-5 years), the following feeding standards will be used:</p> <ul style="list-style-type: none"> • Menus (meals or snacks) provide age appropriate portion sizes of whole grains, vegetables, fruits, protein (meat, beans) and avoid foods with excess salt, saturated and trans fats, and sugar. Basic serving sizes for preschool children are: ½ slice of bread, ½ cup dry cereal, ½ cup of vegetables, ½ piece of fruit, ½ cup yogurt, ½ cup low fat milk, 1 egg, or 1 ounce of meat. • Children will not be served concentrated sweetened foods or drinks such as candy, soda or fruit punch. • From the age of two, children will be served skim or 1% milk or 100% fruit juice in small amounts (4-6 ounces). • Drinking water will be readily available throughout the day and children will be encouraged to drink it • Parents will be encouraged to pack healthy lunches and beverages. Parents will be encouraged to limit sweets to special occasions only. 			

<ul style="list-style-type: none"> • Meal time is relaxed and enjoyable – a time for adults and children to talk, serve foods (and prepare if permitted), eat while seated, and clean up together. • Food will not be used as a reward or punishment and children will not be forced to eat. • Nutrition education will be incorporated into learning activities when possible. 			
Meal time will be supervised and children will be encouraged to do what they are capable of doing for themselves during meal time (using utensils, holding cup, opening packaging).			
Food will not be used as a reward or punishment. This will help to avoid the association between food and feelings and avoid reinforcing unhealthful eating habits.			
Children will have access to drinking water.			
Sodas and other sweetened beverages will not be provided to children while participating in sanctioned activities by the organization. <ul style="list-style-type: none"> • This policy can be made to restrict beverages from home if desired. 			
Incorporate nutrition education into program activities on a regular basis (i.e. once a week cooking, gardening, snack making, etc will be a scheduled activity).			
Staff join children at the table for meals and snack <ul style="list-style-type: none"> • Training opportunities are available to staff about on being positive role models in healthy living by having healthy snacks and drinks and participating in physical activities with children. 			
Notes - use this space to write down next steps, ideas, or challenges you anticipate:			

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Opportunity for Policy = We can do this! Put a check here if you think this is a policy your organization could adopt.

Healthy Program Policy Menu

Screen Time

Adopting policy including screen time limitation helps ensure that children will be surrounded by images, media, and other influences that supports making healthy decisions. Reduction of screen time also encourages more physical activity.

Policy	Practicing and policy	Practicing, but no written policy	Opportunity for policy
Children under two years of age will not watch TV, DVDs, or use computers while at the child care program.			
Children over two years of age will have no more than 30 minutes per week of screen time (TV, DVDs, or computer).			
Use screen time primarily for educational and physical activity purposes.			
Notes – use this space to write down next steps, ideas, or challenges you anticipate:			

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Practicing, but no written policy = Yes, we do that all the time, but it isn't written down anywhere. **Hint:** A check in this box indicates a great, yet easy opportunity to adopt policy.

Opportunity for Policy = We can do this! Put a check here if you think this is a policy your organization could adopt.

Healthy Program Policy Menu

Family Involvement

Adopting policy related to family involvement will help parents understand your organizations commitment to wellness. It may also encourage them to adopt healthier practices in the home.

Policy	Practicing and policy	Practicing, but no written policy	Opportunity for policy
Meal or snack menus will be posted for parents to read in the following location _____.			
The daily schedule will be posted in the following location _____ and allow for adequate times to eat and participate in physical activity.			
Parents will be encouraged to promoted good nutrition and physical activity in the home.			
Parents will be asked to label lunch boxes and bottles with names.			
Parents and students will have opportunities to give suggestions for physical activity, nutrition, and other wellness policy (i.e. through conversations, comment box, meetings or other means).			
The organization will communicate its wellness policies to parents regularly (i.e. through a website, newsletter, bulletin board or other form of media). <ul style="list-style-type: none"> ○ Assist parents in being a part of any policy that is implemented. For example if your organization adopts a healthy snack policy, provide parents with a list of examples of healthy snacks. 			
Notes - use this space to write down next steps, ideas, or challenges you anticipate:			

Practicing and Policy = Yes, we already do that! It is already a written policy at our organization.

Practicing, but no written policy = Yes, we do that all the time, but it isn't written down anywhere. **Hint:** A check in this box indicates a great, yet easy opportunity to adopt policy.

Opportunity for Policy = We can do this! Put a check here if you think this is a policy your organization could adopt.

Is there help available for implementing a wellness policy?

Now that you have assessed your organization and have a plan for adopting wellness policy there is a good chance you may have questions about moving forward. The Washoe County Health District can help you at any stage of your policy adoption. Whether you need ideas for a healthy menu or help drafting a policy, their staff is willing to help provide the appropriate resources. For help with your wellness policy, Kelli Goatley-Seals at (775) 328-6060 or kseals@washoecounty.us.

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HEALTHY KIDS' SNACKS

Snacks are a bigger part of kids' diets than in the past. Snacks can make positive or negative contributions to kids' diets — depending on the choices we offer. Next time your children say, "I'm hungry," or if you need to get them through to the next meal, reach for one of these healthy snacks.

VEGETABLES

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Popular vegetables that can be served raw with dip or salad dressing include:

- Broccoli
- Baby Carrots
- Celery Sticks
- Cucumber
- Peppers
- Snap Peas
- Snow Peas
- String Beans
- Grape or Cherry Tomatoes
- Yellow Summer Squash
- Zucchini slices

For dips: Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter

LOW-FAT DAIRY FOODS

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods are low-fat or fat-free

- Yogurt
- Lower-Fat Cheese
- Low-Fat Pudding and Frozen Yogurt—Serve only as occasional treats because they are high in added sugars

FRUIT

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes (red, green, or purple)
- Honeydew Melon
- Kiwis
- Mandarin Oranges
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Other popular fruit forms:

- Applesauce (Unsweetened), Fruit Cups, and Canned Fruit
- Dried Fruit - Try raisins, apricots, apples, cranberries, and fruit leathers with little or no added sugars.
- Frozen Fruit
- Fruit Salad - Get kids to help make a fruit salad
- Popsicles - Look for popsicles made from 100% fruit juice with no added caloric sweeteners



HEALTHY GRAINS

Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains.

- Whole Wheat English Muffins, Pita, or Tortillas
- Breakfast Cereal - Either dry or with low-fat milk, *whole* grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good snacks. Look for cereals with no more than about 8 grams of sugar per serving
- Whole grain crackers like Triscuits
- Rice Cakes
- Popcorn
- Baked Tortilla Chips
- Granola and Cereal Bars - Look for whole grain granola bars that are low in fat and sugars
- Pretzels, Breadsticks, and Flatbreads - These low-fat items can be offered as snacks now and then. However, most of these snacks are not whole grain and most pretzels are high in salt

IMPORTANT! Water should be the main drink served to kids at snack times. Water satisfies thirst and does not have sugar or calories. (Plus, it is low-cost!) If kids are used to getting sweetened beverages at snack times, it may take a little time for them to get used to drinking water.

Appendix B: Examples of 'unhealthy marketing'



Vending Machines

It is common to find unhealthy marketing on vending machines. Discuss options with your vendor. They could advertise the water or a 100% Fruit Juice product instead of the soda. Consider changing the options in vending machine too! All vendors provide healthier alternatives to soda.



Sponsorships

Restaurants may offer to sponsor event or provide free food. Be cautious about the message this could send. If providing sponsored food is essential, ask for healthy options and for them to promote health – not just their logo. Companies may also donate materials, backboards, or score boards branded with their logo. Try to avoid such opportunities for marketing.



Images and Posters

Often you must choose images or poster to use in your programs. Make sure your images represent health and the healthy choices you want your children to make.

Images like the one to the left would be just as funny if they were eating an apple!