Healthy Apple Sample Policy

Nutrition

- **Foods provided**
  - Fried foods are never served or offered.
  - Fruit served is always fresh, frozen, or canned in its own juice (not in syrup).
  - Vegetables are served raw or cooked without meat fat, margarine, or butter.
  - Protein is served every day and always consists of lean or low fat meat or meat alternatives, including beans. Common proteins include beans, yogurt, eggs, skinless baked chicken, stir-fried lean beef, and chicken in soups or stews.
  - Whole grain items are offered whenever grains are served.

- **Beverages provided**
  - Water is always available and children can serve themselves both indoors and outdoors.
  - About once per week (more often during summer months), we offer “spa water,” which the kids help us make by cutting up fruits, veggies, and/or herbs to infuse into the water.
  - For children ages 2 years and older, our program offers fat-free or skim milk.
  - For children under 2 years old, our program offers whole milk.
  - Parents of infants are encouraged to breastfeed on site or provide expressed breast milk for us to feed your child.

- **Items not allowed**
  - Prohibited beverages include juice, flavored milk, soda, sweet tea, and other sweetened beverages.
  - Prohibited foods include chips, candy, high sugar and/or highly salted snacks, fried or pre-fried potatoes, fried or pre-fried meats and fish (including chicken nuggets and fish sticks), and high fat meats such as sausage, bacon, hot dogs, bologna.
  - Written guidelines are provided and enforced for healthier food brought in and served for holidays and celebrations (see below).
  - Holidays are celebrated with mostly healthy foods or non-food treats.
  - Fundraising efforts consist of selling non-food items only (or healthy foods).

- **Creating a healthy mealtime environment**
  - Food is served family style with adult staff joining children at the table to help, role model, and foster communication and skills development at mealtime.
  - Children are encouraged to choose what to eat from the nutritious components of the meal that are offered.
  - Children are encouraged to try all foods but never forced to clean their plates.
  - TV and videos are never shown during mealtime.
  - Meals are served at a set schedule: 8:00am Breakfast, 10:30am Snack, 12:00pm Lunch, 2:30pm Snack

- **Staff on site encourage positive feeding practices**
  - Staff praise children for trying new foods.
  - Staff ask about hunger/fullness before serving seconds or taking a plate away.
  - Staff make it a point not to bribe when it comes to food.

- **Staff, Child, and Family Education on Nutrition**
  - Professional development on child nutrition happens at least twice per year through attendance and participation at Healthy Apple workshops. Ongoing nutrition education takes place through participation in the Healthy Apple Program and using resources shared through the program.
Healthy Apple Sample Policy

- Staff engage families in nutrition education at least six times per year through a combination of in-person sessions, brochures, tip sheets, links/resources, bulletin board announcements, and an annual Family Nutrition Night.
- Staff engage children in nutrition education at least twice per week through both planned and informal nutrition education for children (e.g. stories about health/nutrition/food, circle time lessons, gardening activities, cooking activities, talking about food/nutrition at mealtimes).
- Nutrition education for children using a standardized curriculum is provided at least once per week.

- **Breastfeeding**
  - A private space with comfortable seating, running water, and an electrical outlet is provided for mothers to breastfeed or pump.
  - Refrigerator and/or freezer space is available to store expressed breast milk.
  - Staff complete professional development (workshops, use resources) on breastfeeding at least twice per year.
  - Families are provided information (brochures, tip sheets, websites) on breastfeeding annually and whenever they are expecting a child.

- **Infant Feeding**
  - The foods provided to infants are free of added salt and sugar.
  - Mothers are encouraged to breastfeed on site and/or provide expressed breast milk for us to feed your child. If a family would rather feed their child formula, it must be supplied by the parent.
  - Parents of infants will complete an infant feeding plan with at least one staff member to outline instructions and timing for feeding infants whose mothers wish to breastfeed or provide breast milk. An infant feeding plan will also be completed for parents providing formula to outline when and how much the child will be fed.
  - All feeding plans should include food intolerances, allergies, and preference; instructions for introducing solid foods and new foods to the infant while in child care; and permission to feed the infant on a flexible schedule, when s/he shows hunger and end feeding when they show they are full.
  - Parents will receive a written and verbal report each day on what, when, and how much their infants eat.
  - Staff complete professional development on infant feeding and nutrition twice per year through workshops and print materials.
  - Families are offered education on infant feeding and nutrition at least twice per year.

- **Healthy Guidelines for Celebrations**
  Please help us encourage lifelong healthy habits among our children. We encourage parents to join us for their child’s birthday or other special occasion and bring food to help celebrate. Please select or prepare healthier food options that your child enjoys. Suggestions include:
  - Favorite fruits
  - Lower fat baked goods (ex. Mini muffins with icing)
  - Favorite dishes that aren’t necessarily desserts
  - Foods with special family or cultural significance
  - Healthy foods in fun shapes
  Also consider celebrating with favorite stories, music, games, or activities. Often the most important thing to your child is that you took the time to help plan something special. Please talk with the Director if you have questions or need ideas. We know that it’s hard to break old habits like cake, ice cream, and candy, but give it a try!
Physical Activity

Children should arrive dressed for play. We like to have fun! Having fun involves outdoor play and lots of messy activities, so make sure that your child is dressed appropriately. You will be expected to supply an art smock to protect clothes from paint or other art materials, and bibs to keep food stains to a minimum. Please don't dress your child in nice clothing and expect them to be spotless when you arrive to pick them up. Clothing should be comfortable and seasonally appropriate for outdoor play. Make sure to include hats, mittens, boots and coats for cold weather.

- Daily activities include at least two hours (120 minutes) of active play time. Staff provide at least ninety (90) minutes of outdoor play opportunities through three outdoor sessions every day.
- Children will engage in adult-led physical activity for at least one hour per day. Staff will participate with and encourage children during these activities.
- Outside of nap and meal times, the longest that preschool children and toddlers are expected to remain seated at any one time is less than fifteen (15) minutes.
- Staff regularly encourage children to be active both indoors and outdoors.
- Children will participate in curriculum-based physical activity at least once per week.
- Fixed play equipment (including tunnels, climbing, and balancing equipment) that is extensive and varied for all children is provided at all times.
- Portable play equipment (including wheeled toys, balls, hoops, ribbons) that is diverse and available for children to use at the same time is provided at all times.
- Physical activity is never withheld as punishment.
- Visible support for physical activity is provided through use of posters, pictures, and displayed books.
- Professional development on children’s physical activity as well as outdoor play and learning happens at least twice per year through attendance and participation at Healthy Apple workshops. Ongoing physical activity education takes place through participation in the Healthy Apple Program and using resources shared through the program.
- Families are offered education on children’s physical activity as well as outdoor play and learning at least twice per year through brochures, tip sheets, online resource referrals, and in-person recommendations for games and activities your child enjoys.
- Staff ensure children have access to adequate active time on bad weather days by adapting outdoor activities to our indoor play environment. A few special rainy day activities are always on hand to supplement active time when outdoor access is limited.

Safe sun exposure

- Children always have access to shaded areas during outdoor play since approximately one half of the play space is shaded.
- Water is always available and accessible for self-serve outdoors.
- Staff will help children apply sunscreen around midday every day. Please ensure that you have applied sunscreen before dropping off your child for care.

Screen Time

According to the American Academy of Pediatrics (AAP), television and other entertainment media should be avoided for infants and children under age two (2). A child's brain develops rapidly during these first years, and young children learn best by interacting with people, not screens. Studies have shown that excessive media use can lead to attention problems, school difficulties, sleep and eating disorders, and obesity. In addition, the Internet and cell phones can provide platforms for illicit and risky behaviors. Children over age two are recommended to limit exposure to less than two hours per day, ideally less than one hour daily. Please help us foster healthy screen time habits.
Healthy Apple Sample Policy

in your child by observing (and perhaps adapting in your home) the following policies implemented at our child care site:

- Children do not have access to television, videos, tablets, or other screen time in care.
- Screen time is never offered as a reward or withheld as punishment.
- Staff complete professional development on screen time at least twice per year through Healthy Apple workshops, print and web resources, and recommendations from experts.
- Families are offered education on screen time at least twice per year through brochures, tip sheets, online resource referrals, and in-person education sessions.