Parent’s Handout

Woolsey Academy for Young Learners Child Nutrition and Play Policies

## Nutrition Policies

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| **Beverages** |
| * Drinking water is available at all times, both indoors and outdoors. * 100% juice is offered no more than three times a week. * Only skim or 1% milk is served to children age 2 or older. * Soda and other vending machines are not located on-site. |
| **Menus and Variety** |
| * Our facility uses a cycle menu of three weeks or longer that changes with the seasons. Entrees are repeated no more than two times throughout the cycle and repetition of other foods is minimal. * Menus include foods from a variety of cultures. * Breakfast, morning snack, lunch, and afternoon snacks provided to each child at specified mealtimes. * These meals will meet or exceed the CACFP rules and guidelines for child nutrition. * Breakfast will include one grain, milk, and one fruit or vegetable at a minimum. * Morning snack may include milk, fruit, vegetable, and or grain components. * Lunch will include milk, one grain, fruit, vegetable, and protein. * Afternoon snack will include milk, fruit, or vegetable, and or grain component, and or protein component. * Organic fruits and vegetables will be used as available and in season. * Frozen, not canned fruits and vegetables will be used. * Whole grains will be provided on a daily basis. * High quality proteins will be provided on a daily basis. * We do not serve lunchmeats, mixed sandwich style meats, and avoid fried foods of all varieties. |
| **Mealtime Environment** |
| * Staff members allow children to decide how much to eat. Children are never forced to eat or try new foods. * Staff members encourage children to try new or less favorite foods but never force them to try or eat something they do not like. * Staff members never use food to reward good behavior. * Staff members join children at the table for meals and snacks. * Staff members consume the same food and drinks as children. Staff members do not consume other food or drinks in front of the children. * Meals are served family style. * We display pictures or posters that support healthy eating. |
| **Foods from Outside the Facility** |
| * Our facility has guidelines for foods or nonfood items brought into the facility and served for holidays and celebrations. * Holidays are celebrated with mostly healthy foods and nonfood treats. * Fundraising activities consist of selling nonfood items only. |
| **Nutrition Education** |
| * Staff members receive training on nutrition (other than food safety and food program guidelines) at least twice per year. * Nutrition education opportunities are offered to parents at least twice a year. |

## Physical Activity Policies

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| **Active Play and Inactive Time** |
| * Children have at least 120 minutes of active playtime each day. * Children participate in structured physical activities (teacher-led) two or more times a day. * Children participate in outdoor active play two or more times a day. |
| * Active playtime is not withheld when children misbehave. Additional active playtime is offered for good behavior. * Inactive time (not including nap time or eating) when children are seated for more than 30 minutes at a time is limited to one time a week or less. * We do engage in inactive video watching between the hours of 7:30am-5pm. |
| **Play Environment** |
| * A wide variety of fixed play equipment (slides, climbing equipment) is available to meet the needs of all children. * A wide variety of portable play equipment is available for children to use at the same time. |
| **Supporting Physical Activity** |
| * Staff members encourage children to be active and join children in active play. * We display pictures or posters that promote physical activity. * Staff members receive training on physical activity (not including playground safety) twice per year or more. |