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.
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| **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.
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| **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.
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| **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.
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| **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.
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## 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.

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| * 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.
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| **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.
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| **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.
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