



## PACE ECE HEALTH/WELLNESS POLICY (HEAD START) HEALTHY EATING & PHYSICAL ACTIVITY

### **Importance:**

A healthy diet and adequate physical activity are essential for a child's learning, growth, development and overall health and happiness.

### **Provider's Responsibilities:**

1. Meals and snacks will at minimum meet the requirements of the Child and Adult Care Food Program (USDA), including providing 1% or skim milk at meals. *HS Performance Standards: 1304.23(b)(1)(v); CDE CACFP Administrative Manual for Child and Adult Care Centers Section 2.01(a); Assembly Bill 2084 adds Section 1596.808 to the Health and Safety Code*
2. PACE ECE will provide food substitutions for participants who have severe food allergies, special diets, or food restrictions. The appropriate documentation will be acquired for children requiring food substitutions and meal modifications. *HS Performance Standards: 1304.23(a)(2), 1304.23(b)(1)(2), 1304.23(c)(6); Title 7: Agriculture Code of Federal Regulations (7 CFR) § 226.20(h); CDE CACFP Administrative Manual for Child and Adult Care Centers Section 2.01(b)*
3. As a policy, PACE ECE does not provide pork/pork products, peanuts/nuts/seeds, or fish/fish products due to the high number of food allergies and restrictions.
4. Meals and snacks will be purchased using locally produced<sup>1</sup> fruits, vegetables, and other whole food items to the maximum extent feasible.<sup>2</sup>
5. Meals and snacks will be purchased using locally produced fruits, vegetables, and other whole food items directly from farmers to the maximum extent feasible.<sup>3</sup>
6. Menus will be shared with parents on a monthly basis. In addition, menus will highlight local produce used and Harvest of the Month to the maximum extent feasible. *HS Performance Standards: 1304.23(b)(4)*
7. Soda, diet soda, candy, chips, and otherwise unhealthy food will not be served to children while in PACE ECE's care. *HS Performance Standards: 1304.23(b)(1)(vi)*
8. Drinking water will be available to children indoors and outdoors throughout the day. *Assembly Bill 2084 adds Section 1596.808 to the Health and Safety Code*
9. When juice is served to children older than 1, 100% fruit juice will be provided and only served during snack times. Water will be made available to children who are thirsty in between meals. *CDE CACFP Administrative Manual for Child and Adult Care Centers Section 2.01(a); Assembly Bill 2084 adds Section 1596.808 to the Health and Safety Code*
10. Adults will act as a role model to promote healthy eating behaviors by sitting down to eat with the children and eating healthy foods. Teaching Staff is required to participate in lunch/supper meals. Teaching staff have the option of participating in breakfast and snack meals only if enough food is available to provide the minimum amounts required for the children. *HS Performance Standards: 1304.23(c)(4)*
11. During meal time, adults will talk with children about positive conversation topics, including different types of healthy foods, healthy eating and different cultural foods. *HS Performance Standards: 1304.23(c)*
12. Small-sized, age appropriate portions will be placed on the table for family-style serving. Children should be allowed additional servings of nutritious foods. Serving utensils, eating



- utensils, plates and cups will be child-sized and children will be encouraged to eat with utensils, not hands, when appropriate. *HS Performance Standards: 1304.23(c)*
13. Children will be encouraged to serve and feed themselves in a family-style environment with serving bowls, plates and pitchers all on the table. *HS Performance Standards: 1304.23(c); CDE CACFP Administrative Manual for Child and Adult Care Centers Section 2.03(c)*
  14. Children will be seated at the table when eating meals and snacks. *HS Performance Standards: 1304.23(c)*
  15. Children will decide how much of a child-sized portion of food they will eat. Children will never be forced to eat or punished for not eating. *HS Performance Standards: 1304.23(c)(2)*
  16. Children should be given sufficient time to eat their meal or snack and will not be rushed during eating. Playing will be discouraged during meal time. *HS Performance Standards: 1304.23(c)(3); CDE CACFP Administrative Manual for Child and Adult Care Centers Section 2.03(b)*
  17. Food will not be offered as a reward or denied as a punishment. *HS Performance Standards: 1304.23(c)(2)*
  18. Meals and snacks will be scheduled and provided at regular times. Children ages 2-5 years will have no more than 3 hours between two meals and no more than 2 hours between a meal and snack. *HS Performance Standards: 1304.23(c); CDE CACFP Administrative Manual for Child and Adult Care Centers Section 2.03(b)*
  19. PACE ECE will limit TV time to no more than 30 minutes once a week of educational or physical activity programs for children greater than 2 years of age only while in the classroom. TV will not be used during meal or snack times. Computer time will be limited to 15 minute increments.
  20. Active play will be encouraged every day, such as running, climbing, dancing, skipping and jumping. Children get to be active outdoor at least once per day and I will provide one (1) structured activity during the school day. *HS Performance Standards: 1304.21(a)(5)*
  21. Children 1 year to six years will be allowed 30 to 45 minutes of active play per day.
  22. Physical activity will not be restricted as a punishment.
  23. Adults will model active behavior for children by participating in active play outdoors and indoors.
  24. Preschool gardens, including container gardens, are strongly encouraged and every child will be given the opportunity to garden where feasible.<sup>4</sup>
  25. Children will brush their teeth once during the day to help prevent cavities. *HS Performance Standards: 1304.23(b)(3)*
  26. Good health and eating habits will be promoted with toys, posters, lesson plans, etc.
  27. Nutrition and Health Education will be a part of my weekly lesson planning. At least one (1) nutrition lesson, at least one (1) Health lesson, and at least one (1) Physical Activity will be included on each of my weekly lesson plans.
  28. I will provide nutrition education that highlights local foods and may include hands on activities, such as taste tests of local fruits and vegetables, gardening, and visits to farms or farmers' markets or visits by local farmers.<sup>5</sup>
  29. Nutrition and Health Education classes will be made available to parents at least once per year at each of our PACE ECE sites. Additional trainings may be scheduled throughout the year as needed or requested. *HS Performance Standards: 1304.23(d)*
  30. Children will never be denied entry into this program because they are breastfeeding.



- 31. Breastfeeding will be supported by providing a place and privacy covers for nursing mothers to feed their children. Mothers who desire privacy for breastfeeding may use \_\_\_\_\_  
\_\_\_\_\_ (location in facility).
- 32. Food from outside sources is not permitted by PACE ECE at anytime. All food must originate from the PACE ECE Central Kitchen.
- 33. I will include parents in my healthy eating and physical activity planning by: \_\_\_\_\_  
\_\_\_\_\_
- 34. I will continue my education on how to make my facility a healthy and safe place by: \_\_\_\_\_  
\_\_\_\_\_
- 35. I will post this policy in my center so it is available to parents and visitors at all times.

<sup>1</sup>Provider can define 'locally produced' using a specific distance, such as within 100 to 200 miles of the preschool or within the state; or can try to buy as local as possible.

<sup>2</sup>To the maximum extent feasible means operating within financial and logistical limits but always trying to buy as much as possible from local farmers.

<sup>3</sup>Provider can contract with local farmers to deliver food, can purchase from farmers' markets, farm stands, through CSA (community supported agriculture) programs, or encourage their nutrition services vendor to purchase from local produce distribution firms. If it is not feasible to purchase directly from local farmers, provider can buy food from distributors or stores that source locally or can partner with another institution that already sources locally (such as a school with a farm to school program).

<sup>4</sup>Gardens can range from each child having a small container to grow a plant in, to larger shared containers, to outdoor raised beds or in ground gardens. If provider has space for a larger garden, parents can potentially be invited to participate in a shared preschool and community garden.

<sup>5</sup>Provider can use the free Farm to Preschool nutrition and garden-based curriculum, developed by the Urban & Environmental Policy Institute at Occidental College (Los Angeles), downloadable online on the San Diego Childhood Obesity Initiative's website at:

<http://www.ourcommunityourkids.org/domains--committees/early-childhood/farm-to-preschool-.aspx>



**Policy Application:**

This policy applies everyday there are children in my care.

**Policy Communication:**

As the Child Care Center Director or Family Child Care Provider, I will train my staff on the above policies and have them sign a copy to be kept in their personnel files. I will provide all parents with a copy of this policy and keep them updated on activities and plans having to do with this policy.

**Reviewed by:**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Title/Position

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Title/Position

**Effective Date:**

This policy is effective \_\_\_\_\_ (MM/DD/YYYY) and will be reviewed every 12 months or as needed.

