

# NUTRITION AND PHYSICAL ACTIVITY POLICY

Our vision at Wee Wons is to provide all children in our center with a foundation for developing a positive attitude toward food, forming healthy eating habits and understanding the importance of both good nutrition and daily exercise. As a commitment to your child's health, Wee Wons follows these guidelines for nutrition and physical activity:

- The daily schedule promotes a relaxed and adequate period for meals and snacks.
- Physical activity is scheduled throughout the day for infants, toddlers and preschoolers; and is a part of the regular schedule. Unstructured playtime and planned movement experiences, both indoor and outdoor, are included in the schedule.
- Foods served to children meet the USDA Child and Adult Care Food Program guidelines and the Dietary guidelines for Americans and promote acceptance of a variety of foods.
- Food and physical activity are not used as incentives or punishment. Children are never rewarded or punished for what they choose to eat, or denied physical activity or play as punishment.
- Children serve themselves during meals and snacks with adult supervision. Adults eat with the children to assure that mealtime is relaxing and social, that appropriate behaviors are modeled and that assistance is nearby.
- Nutrition and physical activity are taught as specific learning objectives and woven into activities.
- Parents are partners in the task of fostering healthy eating habits and physical activity for children. Ideas are provided to help families with healthy nutrition and physical activity choices at home and suggestions are offered on being healthy role models for their children. Information is provided regularly to parents about their child's daily activities including nutrition and physical activity.
- Sanitation, hygiene, and food handling are monitored to assure a healthy eating and school environment. Toys and playground equipment are cleaned regularly. Hand washing by children is taught and supervised frequently throughout the day. Child care providers demonstrate how to safely pass food at mealtimes and snacks, observing and responding appropriately when children are learning and practicing these skills.
- Children always have access to safe drinking water and are encouraged to drink water frequently throughout the day
- Meals and snacks are scheduled at regular times to reduce children's anxiety so they can focus on learning
- Physical activities, equipment and facilities are developmentally appropriate and safe and meet the National Association for sport and Physical Education guidelines for young children
- Physical and nutritional activities are taught as specific learning objectives and woven into activities throughout the day. Curriculum integration includes reading books related to food, eating and physical activities, games that promote healthy eating and activity, cooking projects and adults joining children in physical activity

We are trying to cut down on paper usage so we are asking for your email address. We would like to send all information via the email.

Parent name \_\_\_\_\_

Child's name \_\_\_\_\_

Email address \_\_\_\_\_

Thank you

Wee Wons Staff