

## Suggested Indiana CACFP Wellness Policies

### I. Wellness Team

- The Child Care Center (or Sponsor) will form and maintain a Wellness Team that includes at least the following:
  - Administrators
  - Food Service Staff
  - Teachers/Caregivers
  - Parents/Guardians
  - Community health care professionals/Registered Dietitians
- The wellness team will designate a chair/leader to oversee meetings and activities
- The wellness team will meet annually to review policies
- The wellness team will meet at least quarterly each year to discuss implementing wellness policies or activities and to address any barriers or challenges.
- The wellness team will make wellness policies available to families as part of their enrollment packet

### II. Policy Area: Nutrition/Feeding

#### Meals

- Drinking Water is available at all times for self-service, indoors and outdoors
- ½ cup of 100% Juice is offered no more than three times a week and not at all to children under 12 months
- Only 1% milk or less is served to children age 2 and older
- Food preparation methods will be used to decrease fat, calories, and sodium whenever possible
- Food service is encouraged to serve fresh fruits and a variety of vegetables
- Food service is encouraged to serve legumes
- Food service is encouraged to serve whole grains in a variety of forms
- Food service is encouraged to serve a variety of proteins
- Food service is encouraged to serve low fat and non-fat dairy foods
- Vending machines are not located in areas that children have access to
- A cycle menu of three weeks or longer that changes with seasons is used. Entrees are repeated no more than two times throughout the cycle, and repetition of other food items is minimal
- Menus include foods from a variety of cultures
- Breastfeeding is encouraged and supported for infants of breastfeeding mothers. If a mother wishes to breastfeed exclusively, the program will make every effort to provide breast milk to the child and supplement only when breast milk is gone.
- Special dietary needs of children will be considered when planning meals
- Menus will be shared with parents/guardians

- Professional development/training will be provided to food service staff on food safety and healthy cooking practices annually

### Environment

- Staff members allow children to decide how much to eat
- Staff members encourage children to try new or less favorite foods but never force them to try new foods or to eat something they do not like
- Staff members never use food to reward good behavior or withhold it for bad behavior
- Staff members join children at the table for meals and snacks
- Staff members consume the same food and drinks as children when children are present
- Meals are served family style
- The child care facility displays pictures or posters that support healthy eating
- Students will have convenient access to hand washing before each meal

### Parties/Celebrations

- Guidelines for foods that are aligned with the Dietary Guidelines for Americans will be established and reviewed on an annual basis.
- Parents/guardians will be provided with party/celebration guidelines
- Parties/celebrations will focus on activities rather than food

### Fundraising

- The sale of non-food items for fundraisers will be promoted
- If food items are sold as fundraisers, they will promote healthy eating and wellness

## **III. Policy Area: Nutrition Education**

- Nutrition education will be provided regularly and will include lessons on MyPyramid and messages from the 2010 Dietary Guidelines for Americans
- Nutrition education will be provided through meal time discussions about food.
- Facilities will collaborate with community groups/organizations to provide opportunities for nutrition education beyond onsite curriculum
- Nutrition education opportunities are offered to parents at least twice per year.

## **IV. Policy Area: Physical Activity**

- Children have at least 120 minutes of active playtime each day
- Children participate in outdoor active play daily
- Children participate in structured physical activities (teacher-led) two or more times a day

- Physical activity is neither denied nor required as a form of punishment.
- Screen time is only available to children age 2 and up and is limited to 2 hours per week.
- Inactive time (this does not include 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.

#### **V. Policy Area: Staff Wellness**

- Staff members receive training on nutrition or physical activity (other than food safety and food program guidelines) at least twice per year.
- Food options available at staff meetings will align with the Dietary Guidelines for Americans
- Staff will be given the opportunity for 30 minutes of physical activity daily
- Breastfeeding will be promoted and reasonable efforts will be made to provide a private location for employees to express breast milk

#### **VI. Policy Area: Wellness Policy Evaluation**

- The wellness team designated chair/leader will ensure that the center/sponsor is in compliance with the wellness policies
- An evaluation of the wellness policy and implementation will be directed by the wellness team yearly
- Policy language will be assessed every year and revised as needed.

Policies Adapted from the following resources:

1. Missouri Dept. of Health and Senior Services' *Model Policies for Creating a Healthy Nutrition and Physical Activity Environment in Child Care Settings*
2. Altarum Institute's *Environmental Scan of Physical Activity Practices and Resources in Washington, DC Child Care Centers*
3. Nemours Health and Prevention Services' *Best Practices for Healthy Eating: A Guide To Help Children Grow Up Healthy*
4. Indiana State Department of Health's *Indiana Model School Wellness Policy on Physical Activity and Nutrition*