

Child Care Wellness Policies

Indiana Child and Adult Care Food Program

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What is a Wellness Policy?

- Written course of action that guides decisions about practices related to health and wellness
- Outlined plan for staff, parents and others
- Assist you in creating a healthy environment
- Provides a basis for evaluation of your practices
- Educational opportunity for everyone involved

Development

- Assemble a policy development team
- Assess current practices
- Review Indiana's wellness policy resources
- Begin developing your policies

Wellness Policy Template

- **Wellness Team**
- **Nutrition/Feeding**
 - **Meals**
 - **Environment**
 - **Parties/Celebrations**
 - **Fundraising**
- **Nutrition Education**
- **Physical Activity**
- **Staff Wellness**
- **Wellness Policy Evaluation**

Sample Wellness Policies

Wellness Team

- Wellness Team members
- designate a chair/leader
- meet annually to review policies
- meet more often to discuss implementing wellness policies or activities and to address any barriers
- make wellness policies available to families as part of their enrollment packet

Sample Wellness Policies

Nutrition/Feeding

Meals

- Drinking Water is available at all times
- 1/2 cup-100% Juice is offered no more than 3 times/week
- Only 1% milk or less is served to children age 2 and older
- Food preparation methods will be used to decrease saturated fat, calories, and sodium whenever possible
- Encourage fresh fruits and a variety of vegetables
- Encourage legumes
- Encourage whole grains in a variety of forms
- Encourage a variety of proteins
- Encourage low fat and non-fat dairy foods

Sample Wellness Policies

Nutrition/Feeding Sample Policies

Meals

- Vending machines are not located in areas that children have access to
- A cycle menu of three weeks or longer
- Include foods from a variety of cultures
- Consider special dietary needs in menus
- Breastfeeding is encouraged and supported
- Share menus with parents
- Provide professional development/training

Sample Wellness Policies

Nutrition/Feeding

Environment

- children decide how much to eat
- encourage children to try new or less favorite foods
- Staff members never use food to reward/punish
- Staff members join children at the table for meals
- Staff members consume the same food and drinks as children when children are present
- Meals are served family style
- The child care facility displays healthy eating messages
- Students will have convenient access to hand washing before each meal

Sample Wellness Policies

Nutrition/Feeding

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

Sample Wellness Policies

Nutrition/Feeding

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

Sample Wellness Policies

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.

Sample Wellness Policies

Physical Activity

- Children have 120 minutes of active playtime/day
- Children participate in outdoor active play daily
- Children participate in structured physical activities
- 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 is limited

Sample Wellness Policies

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

Sample Wellness Policies

Wellness Policy Evaluation

- The wellness team designated chair/leader will ensure that the facility(s) 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.

Implementation

- Educate parents and staff about new policies
- Assign specific staff members to put policies into action
- Identify and address barriers to changes
- Review policies yearly

Resources

- Care Connection: Nutrition Education in Child Care (<http://www.nfsmi.org/ResourceOverview.aspx?ID=207>)
- USDA's Physical Activity Resources (http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=264&level3_id=0&level4_id=0&level5_id=0&topic_id=2595&&placement_default=0)
- USDA's Nutrition Education Resources (http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=264&level3_id=0&level4_id=0&level5_id=0&topic_id=1363&&placement_default=0)
- Preschool Wellness Policy Evaluation Tool (http://www.yaleruddcenter.org/resources/upload/docs/what/communities/FINAL_Preschool_codebook3.16.10.pdf)
- RECIPE for Growing Healthy Children (<http://www.doe.in.gov/food/recipe/>)
- Fundraising <http://www.actionforhealthykids.org/resources/files/healthy-fundraisers-for-schools.pdf>
- Healthier Alternatives for Parties Handout (http://www.doe.in.gov/food/childadults/pdf/Healthier_Alternatives_for_Parties.pdf)
- Healthier Alternative for Parties Parent Letter (http://www.doe.in.gov/food/childadults/pdf/CACFP_parent_letter-healthy_parties.doc)

Sources

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

Questions?

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