Let's Go! Sample Policy Language for Early Care & Education Programs

These policy language samples were developed to be template language that include the Let's Go! strategies and help create and support a healthy environment. Please feel free to further customize these policy sections to meet the needs of your program and insert them into your existing program policy handbook.

Nutrition (food & drinks) *For programs that PROVIDE snacks & meals*

Food and drinks provided by our program

- Food prepared will be properly planned, prepared and portioned according to the USDA Child and Adult Care Food Program (CACFP) and all state requirements for food service.
- Each child will be given a lunch and snacks that includes a fruit and/or vegetable.
- Beverages served will only include milk and water depending the age of your child.
    - We do not serve juice or other sugary beverages.
    - We will only serve whole milk for children younger than 2 years old and fat-free for children aged 2 year and older.
    - Water will be available to the children at all times (indoors and outdoors).
- We request that you do not bring food or drinks into our program, unless authorized by a medical provider.
- We require that parents/caregivers provide documentation of any food allergies or special accommodations related to a child's ability to eat and/or meet nutrition requirements.
- For non-medical diets, such as vegetarianism, our program requires parents to provide written instructions on food choices, including both foods that can be eaten and those to avoid or eliminate. We may ask that parents provide supplemental food to accommodate these requests.

Infant Feeding

- Families are responsible for supplying all breastmilk and/or formula.
    - Expressed breast milk may be brought from home if frozen or kept cold during transit. Previously frozen, thawed breast milk must be used within 24 hours. Bottles must be clearly labeled with the child's name and the date the milk was expressed. Frozen breast milk must be dated and may be kept in the freezer for up to 6 months.
    - Breast milk and formula brought from home must be dated and labeled with the child's name.
- Infants are fed "on cue" to the extent possible, at least every 4 hours and usually not more than hourly, by a consistent caregiver/ teacher.
- Infants will be held for bottle-feeding until able to hold his or her own bottle. Bottles will never be propped.
- If a caregiver 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.
- Formula and solid foods will not be provided without first checking with the parent/caregiver.
- We will continue to support families who are breastfeeding beyond 12 months.

Our program supports your child's healthy food choices by:

- Providing children adequate time to eat meals and snacks and to hydrate.

- Observing and supporting children's eating habits including honoring hunger and fullness cues.
- Role-modeling positive behaviors by eating and drinking the same foods and beverages as children, unless there is a medical and/or health condition that requires otherwise.
- Not forcing or bribing children to eat and drink.
- Not using food and/or beverages as a reward or a punishment.

Celebrations

We encourage an enhanced understanding of, and respect for different cultures and beliefs of children, families, staff, and community.

Your child's birthday is very special, but since we care for many children, some with food allergies, our program will supply the snack to ensure everyone can eat. Please do not send in food on your child's birthday. We do not allow food brought into the program. Once a month we have a birthday snack to celebrate all the children who have a birthday that month. Our snack will be a special snack, but not an unhealthy one. Celebrations/holidays will focus on non-food activities such as scavenger hunts, an arts and craft projects, etc.

Nutrition (food & drinks) *For programs that DO NOT provide food*

Food and drinks provided by families:

- Families are responsible for providing two snacks and one lunch for each child daily.
- We encourage families to limit unhealthy food and provide healthy choices for meals and snacks.
- We encourage families to not send in sugary drinks for meals or snacks. Water will be provided to all children during meals and snacks.

Infant Feeding

- Families are responsible for supplying all breastmilk and/or formula.
    - Expressed breast milk may be brought from home if frozen or kept cold during transit. Previously frozen, thawed breast milk must be used within 24 hours. Bottles must be clearly labeled with the child's name and the date the milk was expressed. Frozen breast milk must be dated and may be kept in the freezer for up to 6 months.
    - Breast milk and formula brought from home must be dated and labeled with the child's name.
- Infants are fed "on cue" to the extent possible, at least every 4 hours and usually not more than hourly, by a consistent caregiver/ teacher.
- Infants will be held for bottle-feeding until able to hold his or her own bottle. Bottles will never be propped.
- If a caregiver 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.
- Formula and solid foods will not be provided without first checking with the parent/caregiver.

- We will continue to support families who are breastfeeding beyond 12 months.

Our program supports your child's healthy food choices by:

- Providing children adequate time to eat meals and snacks and to hydrate.
- Observing and supporting children's eating habits including honoring hunger and fullness cues.
- Role-modeling positive behaviors by eating and drinking with children, unless there is a medical and/or health condition that requires otherwise.
- Not forcing or bribing children to eat and drink.
- Not using food and/or beverages as a reward or a punishment.

Celebrations

We encourage an enhanced understanding of, and respect for different cultures and beliefs of children, families, staff, and community.

Your child's birthday is very special, but since we care for many children, some with food allergies, our program asks that you please do not send in food on your child's birthday. Celebrations/holidays will instead focus on non-food activities, such as scavenger hunts, arts and craft projects, etc.

Screen Time

Our program understands that TV and other electronic media can get in the way of exploring, playing, and interacting with others, which encourages learning, healthy physical and social development.

- We limit recreational screen time. Our normal daily routine does not include electronic media (television/TV, video, DVD) viewing or computer/tablet use.
- Our program prohibits any screen time for children under two. This includes TV, videos, tablets, smartphones, and computers.

Physical Activity

Our program understands that active play is important for healthy growth and development of young children.

- Children will receive at least 60 minutes of outdoor play daily.
- Infants will receive a cumulative of at least 30 minutes per day of physical activity.
    - Activities will include, but are not limited to, tummy/floor time, using mirrors, rattles, and push and pull toys, etc.
    - Staff change each infants' position every 30 minutes when awake.
- When weather is not permissible, children will receive at least 60 minutes of indoor gross motor activity.

    - Indoor activities will include, but are not limited to, dancing, balance beam, yoga, climbing, running, etc.
- Our program will never use or withhold physical activity time a means of punishment
- We will have at least one staff member join the children in active play daily.