



POLICIES THAT SUPPORT HEALTHY EATING AND PHYSICAL ACTIVITY IN CHILD CARE PROGRAMS

Best Practices for Healthy Eating and Physical Activity (via *Caring for our Children*, 3rd Edition)

- [Physical Activity](#):
 - 60-90 minutes of physical activity for full-day programs
 - 30 minutes of physical activity for half-day programs
 - Supervised tummy time for infants for short periods of time, increasing the amount of time as the infant shows s/he enjoys the activity.
- [Healthy Eating](#): following the Child and Adult Care Food Program (CACFP) meal pattern requirements

FEDERAL POLICIES	
Healthy Eating Policies	
Head Start: HSPPS §1302.44: Child Nutrition	Requires that children receive meals and snacks that provide 1/3 to ½ of a child’s daily nutritional needs in compliance with USDA requirements for nutrition standards.
Child Care: CACFP	Infant Meal Patterns Child Meal Patterns
Physical Activity Policies	
HSPPS §1302.31.(e).(4): Promoting learning through approaches to rest, meals, routines, and physical activity	Requires that a program integrate intentional movement and physical activity into curricular activities and daily routines in ways that support both health and learning. A program must not use physical activity as reward or punishment.
Child Care	No federal policies; Child Care and Development Block Grant and Child Care Development fund reference <i>Caring for Our Children Basics</i> for state standard development.

STATE POLICIES	
Healthy Eating Policies	
Alaska (AAC 57.560)	State law requires compliance with CACFP, and will likely update with CACFP changes.
Massachusetts (7.12.(11).(a.))	Requires early childhood educators to be present and interact with children to create family-style meals.
Washington (170-295-3160.(3).(a.))	Requires parents are notified (in writing) of daily nutritional requirements when they bring in food for their children.
Physical Activity Policies	
North Carolina (10A NCAC 09.0508)	Minimum total of 60 minutes of outdoor time each day for full-day programs, 30 minutes of outdoor time daily for half-day programs, if weather conditions permit.
Colorado (7.702.54.C.19)	Supervised tummy time must be offered to infants one month of age or older for up to 20-30 minutes per day.
Maine (15.2.3)	All children shall have a minimum of thirty (30) minutes out of doors each morning session and each afternoon session of more than three and one half (3 ½) hours or more, weather permitting. Gross motor activity will be substituted for outdoor time when weather does not permit outdoor time.