WELLNESS POLICIES FOR DAY CARE HOMES IN GEORGIA

Step 2: -Build your policy – All applicants must commit to mandatory policies 1-4, at either the silver or gold level.

The facility is applying for (choose one): □ Silver □ Gold

☐ Policy #1. Foods served to children meet Dietary Guidelines recommendations.
   • Canned fruit must be canned in juice or water (not syrup or light syrup).
   • Juice served must be 100% juice without any added flavors or sweeteners.
   • Beans or lentils must be served at least once per week.
   • Other menu targets must be met as identified below (see the guidance document for examples of each menu target below):

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Silver</th>
<th>Gold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grains are served:</td>
<td>3 times per week or more</td>
<td>At least once per day</td>
</tr>
<tr>
<td>High sugar grains are served:</td>
<td>2 times per week or less</td>
<td>Once per week or less</td>
</tr>
<tr>
<td>Fresh or frozen fruits or vegetables are served:</td>
<td>3 times per week or more</td>
<td>At least once per day</td>
</tr>
<tr>
<td>Dark green, red or orange vegetables are served:</td>
<td>2 times per week or more</td>
<td>3 times per week or more</td>
</tr>
<tr>
<td>Fried or pre-fried vegetables are served:</td>
<td>1-2 times per month or less</td>
<td>Less than once per month</td>
</tr>
<tr>
<td>100% juice is served:</td>
<td>3-4 times per week or less</td>
<td>Twice per week or less</td>
</tr>
<tr>
<td>Lean proteins are served:</td>
<td>3 times per week or more</td>
<td>At least once per day</td>
</tr>
<tr>
<td>Fried, pre-fried or high fat meats are served:</td>
<td>1 time per week or less</td>
<td>2-3 per month or less</td>
</tr>
</tbody>
</table>

☐ Policy #2. Children always have access to safe drinking water and are encouraged to drink water throughout the day.
   • All: adults model frequent drinking of water in front of the children.
   • Gold: drinking water is available during outdoor play.

☐ Policy #3. Nutrition and physical activity education are included in the weekly curriculum.
   • All: activities and lessons that increase knowledge and acceptance of a variety of foods and physical activities are planned every week.
   • All: staff discuss healthy foods during meal times.
   • Gold: children participate in gardening, taste testing, and/or cooking activities.

☐ Policy #4. Physical activity is scheduled to meet National Association for Sport and Physical Education guidelines for young children.
   • All: supervised tummy time is provided for all infants, every day.
   • Silver: toddlers receive 60 minutes, and preschoolers receive at least 90 minutes of physical activity per 8 hour day.
   • Silver: toddlers receive at least 15 minutes, and preschoolers receive at least 30 minutes of structured physical activity per 8 hour day.
   • Gold: toddlers receive at least 90 minutes, and preschoolers receive at least 120 minutes of physical activity per 8 hour day.
   • Gold: toddlers receive at least 30 minutes, and preschoolers receive at least 60 minutes of structured physical activity per 8 hour day.
Step 2: **Build your policy** – All applicants must choose additional wellness policies to implement.

**Silver Applicants:** Choose at least 2 additional policies from the list below (policies 5-14)

**Gold Applicants:** Choose at least 4 additional policies from the list below (policies 5-14)

- **Policy #5. Breastfeeding is promoted and adequately supported.**
  - All: breastfeeding support materials, like picture, posters, brochures, pamphlets and other resources are available and displayed in several areas of the facility.
  - Gold: there is a plan to provide breastfeeding women, including staff members, with a space that is private and has seating to breastfeed or pump milk upon request.

- **Policy #6. Caregivers practice responsive feeding and encourage children to try new foods.**
  - All: infants are never encouraged to finish their bottle after showing signs of fullness.
  - All: children are never encouraged to eat more than they want or to “clean their plate.”
  - All: caregivers encourage, but do not force, children to try all foods offered at meals and snacks.
  - Gold: caregivers teach children to understand their internal cues of hunger and fullness through formal lessons or discussion during meals.

- **Policy #7. Food is served family-style, and children participate in mealtime activities.**
  - All: preschoolers are served meals family-style, and toddlers are transitioned to self-feeding when they are ready.
  - Gold: preschoolers help with meal service, such as setting the table, passing out milk, and other activities.

- **Policy #8. Food and physical activity are not used as incentive or punishment.**
  - All: food and beverages are not used to manipulate the behavior of children.
  - All: physical activity is not withheld from children as punishment.

- **Policy #9. Families are partners in the task of fostering healthy eating and physical activity habits for children.**
  - All: the wellness policy is shared with all families.
  - All: family handouts, brochures or newsletters that include nutrition and physical activity information are provided at least twice per year.
  - All: if families are allowed to bring in foods for sharing, they are encouraged to provide healthy foods.
  - Gold: families are invited to participate in nutrition or physical activity events held at the facility at least twice per year.
Policy #10. Sanitation, hygiene and food handling are monitored to ensure a healthy environment.
- All: a written policy is developed and shared with parents regarding foods brought from home that addresses food safety and nutrition and requires prior approval of any foods brought for sharing. 
- All: hand washing is stressed as the first defense against germs. Adults and children wash their hands frequently. 
- All: toys and playground equipment are regularly cleaned. 
- Gold: adults are trained on procedures for safe food preparation and service, and weekly monitoring procedures are documented in writing.

Policy #11. Screen time is limited, and includes only commercial-free educational programming.
- All: screen time is not allowed during meals or snacks. 
- Silver: screen time is limited to 1 hour per day or less. 
- Gold: screen time is not allowed for children 2 years and under. 
- Gold: screen time is limited to 2 hours per week or less for preschoolers.

Policy #12. Sedentary activities are limited, and children have frequent opportunities to move freely.
- Silver: For infants, use of confining equipment is limited to 15 minutes or less at a time. 
- Gold: For infants, use of confining equipment is limited to 15 minutes or less at a time, and only 1-2 times per day. 
- Silver: Toddlers and preschoolers remain seated for no longer than 30 minutes at a time, not counting meals or naps. 
- Gold: Toddlers and preschoolers remain seated for no more than 15 minutes at a time, not counting meals or naps.

Policy #13. Staff model healthy nutrition and physical activity habits for children.
- All: staff sit with children during meals and snacks. 
- All: staff participate in physical activities with the children. 
- All: staff only eat healthy foods and drink healthy beverages in front of the children. 
- Gold: staff eat the same foods and drink the same beverages as the children.

Policy #14. Staff is adequately trained about nutrition and physical activity for young children.
- All: wellness information and/or activities for employees are provided. 
- Gold: staff receive training on nutrition and physical activity at least once per year.