

WELLNESS POLICIES FOR CHILD CARE CENTERS IN GEORGIA

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

The center 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*):

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

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.
- All: water is served with snacks when no other beverage is being served, and in lieu of other high calorie, sweetened beverages that are served outside of meal times.
- 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.

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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: breastfeeding women, including staff members, are provided with a space to breastfeed that is private, has seating, and has an electrical outlet.

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: family workshops or events that include messages of healthy eating and physical activity are planned 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 for children 2 years and under.
- All: screen time is not allowed during meals or snacks.
- Silver: screen time is limited to 2 hours per week or less for preschoolers.
- Gold: screen time is limited to 30 minutes 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.
- Silver: staff receive training on nutrition and physical activity once per year.
- Gold: staff receive training on nutrition and physical activity twice per year or more.