

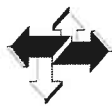
**Nutrition and Physical Activity
Policies
For
Respond, Inc.
Child Development Centers**

**Presented to
New Jersey Partnership for Healthy Kids-
Camden**

Wilbert Mitchell
Executive Director

Cynthia Bagwell
Board President

Prepared by: Lisa Mitchell



Respond, Inc.

BUSINESS/PERSONNEL OFFICE
532 State Street
Camden, NJ 08102
Phone: (856) 365-4400
Fax: (856) 365-8671
Email to nwilliams@respondinc.com
Website: www.respondinc.com

ADMINISTRATION
EARLY CARE AND EDUCATION
SOCIAL SERVICES/INTAKE
ADULT SERVICES
Phone: (856) 365-4403 or 365-4400
Adult & Social Services Fax (856) 541-4478
Executive Director Fax 856-365-4408

WILBERT MITCHELL
Executive Director

August 2012

Dear Respond Parents,

We would like to share with you some changes we will be making regarding nutrition and physical activity in our centers. As you may recall, federal and state laws regarding food and beverages served at schools required all schools to adopt a Wellness Policy. As a result of these laws, we created a committee to develop our Wellness Policy. This year our focus will be on improving the food served and increasing the amount of physical activity children receive at our centers.

In keeping with our Wellness Policy, we have developed the following guidelines for menu planning, classroom parties, birthday celebrations and physical activities in the classrooms. These guidelines will be effective immediately. The purpose of the policy is to provide every child the opportunity to eat healthier and engage in more physical activity.

To support these guidelines, we are asking all parents to follow the new policies, especially regarding healthy snacks, healthy lunch choices and healthy treats for celebrations. If you have any questions about healthy food options or nonfood items to send in for special events, please review the attached documents or talk with your child's teacher or program director. We know it's hard to break old habits like cake, ice cream and candy but give it a try!

For additional information:

www.mypyramid.gov
www.chosemyplate.gov
www.letsmove.gov

BANK STREET CHILD CARE and INFANT CENTER
155 Marlton Pike
Camden, NJ 08105
(856) 963-9155 Fax (856) 964-6382

FAIRVIEW VILLAGE CHILD CARE
3003-3007 Fenwick Road
Camden, NJ 08104
(856) 342-7997 Fax (856) 342-7581

FIREHOUSE CHILD CARE and SCHOOL AGE CENTER
320-324 Vine Street
Camden, NJ 08102
(856) 541-0991 Fax (856) 963-0090

THOMPSON ST. CHILD CARE
27th and Thompson Street
Camden, NJ 08105
Opening Soon

INFANT CHILD CARE
309 Vine Street
Camden, NJ 08102
(856) 966-8282 Fax (856) 966-0039

LINDEN STREET CHILD CARE
400 North 9th Street
Camden, NJ 08102
(856) 966-0089 Fax (856) 966-0413

MERCHANTVILLE CHILD CARE
36 W. Maple Avenue
Merchantville, NJ 08109
(856) 662-1960 Fax (856) 662-3179

NORTH CAMDEN CHILD CARE and INFANT CENTER
554 State Street
Camden, NJ 08102
(856) 966-9081 Fax: (856) 966-9082

PYNE POYNT CHILD CARE
924 N. 8th Street at Erie
Camden, NJ 08102
(856) 583-2630 Fax (856) 583-2631

STATE STREET CHILD CARE
6th & State Streets
Camden, NJ 08102
(856) 541-2268

STOCKTON CHILD CARE
200 South 27th Street
Camden, NJ 08105
(856) 964-8460 Fax (856) 964-5555

WINSLOW CHILD CARE
Hall and Albertson Road
Winslow, NJ 08095
(609) 567-0020 Fax (609) 567-6083

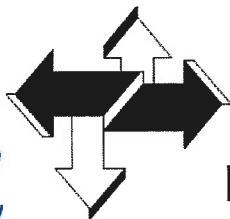
LINDEN ELDERS CENTER
441 Erie Street @ The Meadows
Camden, NJ 08102
(856) 246-1583; -1584
Fax (856) 246-1595

PATH HOMELESS SERVICES
Day Services for Adults
816-820 North 5th Street
Camden, NJ 08102
(856) 365-6597 Fax (856) 365-0431

New Worker Job Development Center
SAYRE TRAINING COMPLEX
924-925 N. 8th Street at Erie St.
CAMDEN, NJ 08102
856-583-2640



United Way
of Camden County



Respond, Inc.

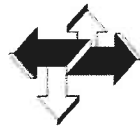
**New Jersey Partnership for Healthy Kids-
Camden**

Robert Wood Johnson Foundation



United Way
of Camden County





Respond, Inc.

Nutrition and Physical Activity Policies

Respond believes in creating the healthiest possible environment for the infants and children in our care. Children who eat well and are physically active are healthier and learn better. Yet, research shows that many children have poor diets and do not get enough physical activity. Our nutrition and physical activity policies create an environment that supports healthy behaviors, encourages learning and eliminates practices that do not promote children's health. Our policies include best practices for promoting healthy eating and physical activity based on current science, public health research, and national recommendations and standards. We encourage families to contact Respond's central office at 856-365-4403 with any concerns or questions regarding these policies.

NUTRITION STANDARDS

The policy recommendations for Child and Adult Care Food Program (CACFP) meals and snacks and other foods and beverages in the child care environment are based on Child Care Nutrition Standards. These standards provide the healthiest choices in child care by promoting whole or minimally processed, nutrient-rich foods that are low in fat, added sugars and sodium. The standards reflect current nutrition science and national health recommendations from the Dietary Guidelines for Americans and national organizations, such as the National Academy of Sciences Institute of Medicine, American Academy of Pediatrics, American Dietetic Association and American Heart Association. The CACFP meal patterns for children and infants are available and posted at each center location.

Menu Planning

- ▶ Our centers use a cycle menu of four weeks that changes with the seasons and contains minimal repetition.
- ▶ To broaden children's food experiences, we serve a variety of healthy and appealing foods. We regularly include foods from different cultures.
- ▶ Menus are planned and approved by our culinary chefs and administrative staff, who are trained in nutrition and the Child and Adult Care Food Program (CACFP) requirements.
- ▶ The menu planning process includes input from families and staff members through meetings, discussions and feedback.
- ▶ Written menus are developed one month in advance and are posted and shared with families and staff members. Menus are posted at each center location, the main office and posted on our website www.respondinc.com.

Nutrition Guidelines for Children

- ▶ Our centers provide healthy and safe meals and snacks that meet the nutrition requirements established by federal and state laws and regulations.
- ▶ Our menus offer varied and nutritious food choices that are consistent with the CACFP Meal Pattern for Children, the Dietary Guidelines for Americans and the Child Care Nutrition Standards. Meals and snacks emphasize nutrient-rich foods, including fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, skinless poultry, fish, eggs, legumes, and seeds.
- ▶ We use healthy food preparation techniques for our menus. All foods are trans fat free, and low in saturated fats, added sugars and sodium.

Nutrition Guidelines for Infants

- ▶ Our centers promote an environment that encourages and supports mothers who are breastfeeding their infants by providing:
 - refrigerated storage for breast milk;
 - a comfortable, private area for mothers to breastfeed their infants or express milk;
 - sensitivity for breastfeeding mothers and their infants; and training for staff members on proper handling of breast milk.
- ▶ If a mother is breastfeeding exclusively, staff members will feed the mother's expressed breast milk to the infant and support the mother in breastfeeding her infant when visiting the facility. Bottles from home must be labeled with the child's name, the bottle's contents, and the date and time received.
- ▶ Breastfed infants will receive infant formula only if the mother requests it.
- ▶ Our centers support exclusive breastfeeding (preferred) or iron-fortified infant formula for the first six months of life.
- ▶ We support mothers who are breastfeeding beyond 12 months.
- ▶ We work in consultation with families to gradually introduce solid foods from ages 4 to 6 months, based on each infant's developmental readiness. The American Academy of Pediatrics strongly recommends waiting until 6 months before serving any solid food. All foods provided to infants will meet the CACFP requirements.
- ▶ Our centers will not serve infants any food or drink in a bottle other than breast milk or iron-fortified infant formula unless medically necessary and documented by a medical statement (see "Special Dietary Needs" below).
- ▶ Following the American Academy of Pediatrics' recommendations, we encourage children ages 1 and older to use a cup exclusively, instead of a bottle.

Special Dietary Needs

- ▶ Our centers follow state and federal requirements for accommodating children with special dietary needs.
- ▶ With appropriate medical documentation, we modify meals for children (including infants) with food allergies or other special dietary needs.
- ▶ Parents must provide the appropriate medical statement before we can make any dietary accommodations. This statement must be signed by a licensed physician if the child has a disability that restricts their diet. If the child has special dietary needs but is not disabled, the statement must be signed by a recognized medical authority, i.e., physician, physician assistant, doctor of osteopathy or advanced practice registered nurse. Signed medical statements are kept in child's file and are available in the main office or from the center director.
- ▶ Our centers takes appropriate precautions to prepare and serve safe meals and snacks for children with food allergies. Procedures are in place to:
 - develop a food allergy action plan for each child with life-threatening food allergies;
 - check ingredient labels for all foods served to children with food allergies;
 - designate an area in the kitchen for allergy-free meals and use separate equipment and utensils during preparation, cooking and serving;
 - develop cleaning procedures that avoid cross-contamination; and
 - provide ongoing training for staff members.

Foods from Home

- ▶ When meals and snacks are provided from home for an individual child's consumption, we ask families to support safe and healthy eating by providing only nutrient-rich choices that meet the CACFP meal patterns. Foods provided by parents are healthy choices from the CACFP meal components of grains and breads, meat and meat alternates, and vegetables and fruits. They include appropriate child-size portions that are trans fat free and low in saturated fat, added sugars and sodium.
- ▶ Beverages provided for children (ages 1 and older) consist only of the following / or as recommended by a child's physician:
 - whole milk for children younger than 2;
 - low-fat (1%) or fat-free unflavored milk for children ages 2 and older;
 - 100 percent juice when it can be served in a cup (limit of ¼ cup or 2 fluid ounces per day for ages 12 to 23 months and ½ cup or 4 fluid ounces per day for ages 2 and older); and
 - water without added ingredients, e.g., flavors, sugars, sweeteners (natural, artificial and nonnutritive), sugar alcohols and caffeine.
- ▶ Beverages for infants (birth through 11 months) consist only of:
 - breast milk (preferred) or iron-fortified infant formula; and
 - water without added ingredients for infants ages 7 months and older when it can be served in a cup.
- ▶ Foods of minimal nutritional value as defined by U.S. Department of Agriculture regulations (such as candy, soda, cookies, cake, doughnuts, ice cream and snack chips) are not allowed in our centers. Foods that do not meet our standards for nutrition and food safety will not be served to the children.
- ▶ Please contact the center director for appropriate and healthy snack/treat suggestions.

Celebrations

- ▶ Our centers promote healthy celebrations. Center celebrations that involve food should be limited to no more than one per class per month.
- ▶ Foods and beverages served at celebrations must be consistent with this nutrition and physical activity policy. Families support our efforts by providing only nonfood items or healthy foods for celebrations, holiday parties and other events on site.
- ▶ To protect food safety and guard against allergic reactions, all food provided by families to be shared with other children must be either whole fruits (e.g., apples, oranges or pears) or commercially prepared packaged foods that are unopened and, when possible, individually wrapped. A list of appropriate healthy foods and beverages and activities for parties is available from your center director.
- ▶ Foods and beverages that do not meet the standards outlined in this policy are not accepted.
- ▶ Our centers also promote nonfood celebrations: Choosing to celebrate birthdays and other special occasions with activities that focus on children instead of food. This policy is consistent with the healthy environment we are promoting and the nutrition curriculum we are teaching.
- ▶ Families support our efforts by providing only nonfood items or activities for celebrations, holiday parties and other events on site. A list of appropriate nonfood items and activities for parties is available upon request.

Fundraising

- ▶ To support children's health and school nutrition-education efforts, center fundraising activities will not involve food* or other items determined to be detrimental to the health and wellness of the community. Fundraising activities that promote physical activity is encouraged.
- ▶ *Respond has a culinary school that teaches young adults life skills. Occasionally, to help continue to support Respond's culinary program, Respond will allow centers to participate in food fundraisers with food prepared by Respond's culinary school. Healthy selections will be made available.

Access to Drinking Water

- ▶ Safe, fresh drinking water will be clearly visible and available to children at all times indoors and outdoors, including during meals and snacks.
- ▶ Water will not be offered as a choice to replace the CACFP meal pattern components of milk or juice.

EATING ENVIRONMENT

Meal Schedules for Children

- ▶ Our centers schedule meal and snack periods at appropriate times so that children's hunger does not overwhelm their ability to self-regulate food intake. We serve breakfast, lunch and afternoon snack. Breakfast is served at 9:00am, lunch at 12:00noon and snack at 3:00pm.
- ▶ To encourage meal consumption and improve children's behavior, mealtimes are scheduled after structured physical activity or active play.
- ▶ Our mealtimes allow adequate time for all children to eat and socialize. Scheduled mealtimes provide children with at least 20 minutes to eat breakfast or snack and at least 30 minutes to eat lunch.

Meal Schedules for Infants

- ▶ Our centers feed infants according to the written feeding plan provided by parents.
- ▶ Infants are fed on demand following cues for hunger and fullness. Infants' teeth and gums are wiped with a disposable tissue or gauze after each feeding.

Pleasant and Healthy Eating Environment for Children

- ▶ Our center serves meals and snacks in safe, clean and pleasant settings. The eating environment provides children with a relaxed, enjoyable climate. The eating environment is a place where children have:
 - adequate space to eat;
 - clean and pleasant surroundings;
 - appropriate and culturally relevant eating dishes and utensils;
 - pleasant conversation; and
 - convenient access to hand washing facilities before meals and snacks.
- ▶ Mealtimes include predictable routines, such as washing hands before coming to the table, assisting with setting plates and utensils and cleaning up after meals.
- ▶ We serve meals family style. Children serve themselves from common platters of food with assistance from supervising adults who sit and eat the same foods with the children.
- ▶ Respond uses mealtime as an opportunity to teach nutrition and food concepts. Adults eating with the children encourage social interaction and conversation. They ask questions and talk about nutrition concepts related to the foods being served.
- ▶ To support the development of healthy eating habits, staff members observe children's hunger and fullness cues and implement strategies that support children's self-regulation of food intake. Staff members encourage children to start with small portions. They ask children if they are hungry before serving or allowing second helpings.
- ▶ Staff members encourage children to try foods but never force, coax or bribe children to eat.
- ▶ Staff members do not praise children for finishing food or cleaning their plates.
- ▶ Mealtime is never used to discipline or scold children.

Pleasant and Healthy Eating Environment for Infants

- ▶ Our centers follow best practices for feeding infants, as defined by the American Academy of Pediatrics and the CACFP. Infants are provided a safe, calm and uninterrupted feeding environment.
- ▶ Staff members hold infants while they are being fed. Infants are never laid down to sleep or propped in a bouncy chair or high chair with a bottle.
- ▶ Whenever possible, infants are fed by a single caregiver to develop familiarity, encourage bonding and make mealtime an enjoyable experience.

Modeling Healthy Behaviors

- ▶ Our centers recognize the importance of staff members as positive role models for children as they learn to live healthy lives. Staff members model behaviors for healthy eating, physical activity (including limited screen time), and positive body image in the presence of children. They do not consume unhealthy foods and beverages such as candy and soda in front of children. Staff members sit with children at the table and eat the same foods as children (with exceptions for staff members with special religious, dietary or medical restrictions).
- ▶ We encourage parents to reinforce these positive messages by serving as role models for their children at home.

Food Rewards and Punishments

- ▶ Staff members do not use foods or beverages as rewards for performance or good behavior.
- ▶ Staff members never withhold foods or beverages (including foods served through CACFP meals) as a punishment.
- ▶ Our centers use nonfood reinforcement for appropriate behavior.

Food Service Personnel Qualifications and Training

- ▶ Qualified nutrition professionals administer the CACFP. Our center provides adequate training and continuing professional development for all nutrition and food service personnel.
- ▶ Food service personnel regularly participate in professional development activities that address all applicable areas of food service operations. Training includes planning, preparing and serving nutritious, safe and appealing meals and snacks that meet the required CACFP meal pattern components and serving sizes.
- ▶ Food service personnel regularly participate in professional development activities that address other appropriate topics, such as nutrition, strategies for promoting healthy eating behaviors and accommodating special dietary needs.

Food Safety

- ▶ All foods and beverages made available in our centers comply with federal, state and local food safety and sanitation regulations. This includes foods and beverages served for CACFP meals and snacks, nutrition education activities (such as cooking and taste-testing), celebrations and other events on site.
- ▶ We take appropriate precautions during food preparation to eliminate foods that are high risks for choking and use preparation methods to make all foods safe to eat.
- ▶ Center staff are required to successfully complete and follow the standards set forth for the ServSafe® Food Protection Manager Certification Examination which is accredited by the American Standards Institute (ANSI)-Conference for Food Protection.

Staff Wellness

Our centers highly value the health and well-being of every staff member. We promote and provide activities and resources that support personal efforts by staff members to maintain a healthy lifestyle and that encourage staff members to serve as role models for children.

NUTRITION EDUCATION

Standards-Based Nutrition Education

- ▶ Our centers provide standards-based nutrition education that reflects current science, national guidelines and state standards, and is focused on children's eating behaviors.
- ▶ We provide nutrition education to children. Nutrition education is part of a planned comprehensive health education program designed to provide children with the knowledge and skills necessary to promote and protect their health.
- ▶ Nutrition education activities are consistent with the Dietary Guidelines for Americans and emphasize the appealing aspects of healthy eating. They promote nutrient-rich foods, healthy food preparation methods and good nutrition practices. Nutrition education activities include enjoyable, developmentally appropriate and culturally relevant participatory activities, e.g. cooking, taste-testing, gardening, farm visits to pick fruits and vegetables and trips to local farmer's markets.

Appropriateness of Nutrition Materials

- ▶ Our centers review all nutrition education lessons and materials for accuracy, completeness, balance, cultural relevancy and consistency with our educational goals and curriculum standards.
- ▶ We do not use nutrition education materials with corporate logos or advertising. Books, posters and other educational materials depict healthy foods and enjoyment of safe and developmentally appropriate physical activity.
- ▶ Foods used for nutrition education activities are consistent with nutrition standards.

Connecting with Planned Learning Experiences

- ▶ Nutrition education is a part of comprehensive health education and is included in other content areas, such as language and literacy development, mathematics, science and music.
- ▶ Our staff members incorporate nutrition themes into planned learning experiences, when appropriate, to reinforce and support health messages.
- ▶ Nutrition concepts are integrated into daily routines whenever possible, such as mealtimes and transitions.

Nutrition Promotion

- ▶ Our centers conduct nutrition education activities and promotions that involve children, families and the community.
- ▶ The nutrition education program is coordinated with CACFP meals and snacks and other foods and beverages available in the child care environment, such as parties, meetings and other events.
- ▶ Whenever possible, nutrition education activities involve the entire child care program and are linked to health-related community initiatives, services and programs.
- ▶ Our centers collaborate with agencies and groups conducting nutrition education in the community to send consistent health messages to children and their families. Local community collaborations include NJ Partnership for Healthy Kids, Campbell Soup Company, United Way, Robert Wood Johnson Foundation, YMCA of Camden and Burlington Counties (CATCH), The Food Trust, The Food Bank of South Jersey, Camden Children's Garden, Rutgers Cooperative Extension programs, Camden County Department of Children's Services and The Camden County Covenant for Children, Youth and Families.

Professional Development

- ▶ Staff members responsible for nutrition education are adequately trained. They regularly participate in professional development activities to effectively deliver the nutrition education program as planned.
- ▶ Our center includes relevant nutrition training at least twice a year for teachers, assistant teachers and other staff members, as appropriate.
- ▶ Professional development includes orientation to appropriate state standards and curriculum frameworks.
- ▶ Our centers build awareness among teachers, food service personnel, consultants and other staff members about the importance of nutrition, physical activity, decreased screen time and positive body image to academic success and lifelong wellness.
- ▶ Nutrition and physical activity information shared with children, families and staff members is based on current science and national health recommendations.

PHYSICAL ACTIVITY

Daily Physical Activity for Children

- ▶ In accordance with national guidelines, our center encourages all children to participate in a variety of daily physical activity opportunities that are appropriate for their age, that are fun and that offer variety. We provide all children with numerous opportunities for physical activity throughout the day.
 - Toddlers (ages 1 to 2) are provided with at least 30 minutes of structured activity and at least 60 minutes up to several hours of unstructured physical activity daily.
 - Preschoolers (ages 3 to 5) are provided with at least 60 minutes of structured activity and at least 60 minutes up to several hours of unstructured physical activity daily.
 - Toddlers and preschoolers are not sedentary for more than 60 minutes at a time except while sleeping.
 - School-age children (ages 6 and older) are provided with at least 60 minutes of daily physical activity that includes aerobic and age-appropriate muscle- and bone-strengthening activities.
- ▶ Children with disabilities have access to participate in physical activities with nondisabled peers.
- ▶ All children are provided outdoor time at least twice daily, weather and air quality permitting.
 - Children can go outside when the temperatures are above 32 degrees Fahrenheit (including wind chill factor) and below 90 degrees Fahrenheit.
 - Outdoor time is limited to 20 to 30 minutes when temperatures are between 32 to 55 degrees Fahrenheit.
 - Outdoor time is in safe settings supervised by adults.
- ▶ We expect parents to provide children with appropriate clothing for safe and active outdoor play during all seasons.
- ▶ Staff members lead and participate in active play (e.g., games and activities) during outdoor time and other times devoted to physical activity.

Daily Physical Activity for Infants

- ▶ In accordance with national guidelines, our centers provide all infants with planned daily physical activity to safely support their physical development and health. Activities are planned to support infants' developmental milestones, such as self-supporting head and neck, rolling, reaching, sitting, kicking, crawling, standing and walking.
- ▶ Following the American Academy of Pediatrics' recommendation, infants are provided "tummy time" (time spent lying on their stomachs) for short intervals at least two to three times each day while they are awake and supervised by an adult.
- ▶ All infants are provided daily outdoor time when the weather and air quality are safe.
 - Infants can go outside when the temperatures are above 32 degrees Fahrenheit (including wind chill factor) and below 90 degrees Fahrenheit.
 - Outdoor time is limited to 20 to 30 minutes when temperatures are between 32 to 55 degrees Fahrenheit.
 - Outdoor time is in safe settings supervised by adults.

Play Space and Equipment for Children

- ▶ Our centers provide children with a physical environment that promotes active play and supports the development of gross motor skills.
- ▶ Safe, sufficient and developmentally appropriate indoor and outdoor space and equipment encourage all children to be physically active, including children with disabilities.
- ▶ Sufficient equipment is provided to avoid competition and long waits.
 - A variety of fixed play equipment is available that accommodates the needs of all children, such as climbing structures, swings, sandboxes, tunnels and slides.
 - A large variety of indoor and outdoor portable play equipment is available for children to use at the same time, such as balls, hula hoops, tumbling mats, jump ropes, tricycles and buckets.
 - Outdoor play space includes open grassy areas and a path for wheeled toys.
 - Indoor play areas are safe and provide adequate space for each child.
- ▶ Staff members regularly inspect equipment and play areas to ensure they are safe.
- ▶ Staff members always supervise children on playground equipment and during active play and other physical activities.
- ▶ Our physical environment does not promote sedentary activity. Sedentary equipment such as televisions, videos and electronic games are not prominently displayed.

Play Space and Equipment for Infants

- ▶ Our centers provide infants with a safe and engaging physical environment that encourages movement and exploration.
- ▶ We provide safe, sufficient and developmentally appropriate equipment for infants, such as rattles, balls, and simple cause and effect toys.
- ▶ Staff members regularly inspect infant equipment and play areas to ensure they are safe.
- ▶ Staff members always supervise infants in their play environments.

Connecting with Planned Learning Experiences

- ▶ Our centers incorporate opportunities for physical activity and active play into planned learning experiences outside physical education, such as language and literacy development, mathematics, science and music.
- ▶ Teachers provide short physical activity breaks between learning activities, as appropriate.
- ▶ Physical activity is integrated into daily routines whenever possible, such as transition time.
- ▶ As age appropriate, physical activity is used as reinforcement, reward and celebration for group achievement.

Afterschool/summer camp:

- ▶ Respond's after school program integrates physical activity throughout the learning environment. We incorporate opportunities for physical activity and active play into planned learning experiences, when appropriate, to reinforce and support health messages.
- ▶ Teachers provide short physical activity breaks between learning activities, as appropriate.
- ▶ Physical activity is used as reinforcement, reward and celebration for group achievement.

Screen Time

- ▶ In accordance with the American Academy of Pediatrics recommendations, our center does not permit screen time (e.g., television, movies, video games and computers) for infants and children younger than 2.
- ▶ For children ages 2 and older, screen time is limited to less than one hour per day and consists only of quality educational activities that are connected to learning goals and standards or programs that actively engage child movement.
- ▶ We do not allow screen time during meals or snacks.

Physical Activity and Punishment

- ▶ Staff members do not withhold opportunities for physical activity (e.g., not being permitted to play with the rest of the class or being kept from play time), except when a child's behavior is dangerous to himself or others.
- ▶ Staff members never use physical activity or exercise as punishment, e.g., doing push-ups or running laps.
- ▶ Play time or other opportunities for physical activity are never withheld to enforce the completion of learning activities or academic work.
- ▶ Our centers use appropriate alternate strategies as consequences for negative or undesirable behaviors.

COMMUNICATION AND PROMOTION

Wellness Committee

- ▶ Respond has a Wellness Committee for the planning, operation and evaluation of the program's wellness policy, including nutrition and physical activity.

Consistent Health Messages

- ▶ Our centers actively promote positive, motivating verbal and nonverbal messages about healthy eating and physical activity throughout the child care environment. All staff members help to reinforce these positive messages.
- ▶ To be consistent with healthy eating messages, all foods and beverages available on site meet the standards, including foods used for planning learning experiences and foods brought from home.
- ▶ Staff members do not use practices that contradict messages to promote and enjoy physical activity, such as withholding play time or using physical activity as punishment.

Promoting Healthy Foods

- ▶ Our centers promote healthy food choices that meet the CACFP requirements and, the Dietary Guidelines for Americans.
- ▶ We do not allow advertising or messages that promote less nutritious food and beverage choices. Food promotions and messages are consistent with nutrition education and health promotion. They emphasize nutrient-rich foods such as fruits, vegetables, whole grains and low-fat dairy products.

Family Involvement

- ▶ Our centers encourage family involvement to support and promote children's healthy eating and physical activity habits.
- ▶ We provide information for families on nutrition and physical activity. Nutrition education is provided for parents at least twice a year, and includes parent workshops, monthly "Ask the Doctor" meetings, handouts, etc. The nutrition and physical activity policies are given to parents at enrollment.
- ▶ Respond supports families' efforts to provide a healthy diet and daily physical activity for their children. We encourage parents to take an active role in this process by regularly communicating any concerns about their child's eating or physical activity habits. We also encourage parents to contact us with any questions or suggestions about our nutrition and physical activity practices. Contact your center director with any questions or concerns.
- ▶ We communicate in ways that respect families' cultures and customs.

Partnering with Community Organizations

- ▶ Our centers partner with the community to provide consistent health messages and support activities that promote healthy eating and physical activity. Parent's interested in getting involved should contact Respond's main office at 856-365-4403 for additional information.

EVALUATION

Monitoring

- ▶ Respond has a plan for evaluating our nutrition and physical activity policies and practices. This plan addresses how policy impact will be evaluated, including changes to staff members' practices and children's behavior.
- ▶ The wellness committee and center directors are responsible for ensuring policy compliance.

Policy Review

- ▶ We review our current nutrition and physical activity policies annually. Revisions are made as needed based on local evaluation data, national and state standards, regulations and research on health trends and effective programs.
- ▶ We inform families when any changes are made to our nutrition and physical activity policies.
- ▶ We develop work plans to facilitate policy implementation.
- ▶ We regularly review policy compliance, assess progress and determine areas in need of improvement. We observe program practices at least every six months to ensure they are consistent with our policies.

A Parent's Guide to Respond's Nutrition Policy

Did you know that children who eat well and are physically active are healthier and learn better? That is why Respond has adopted a Nutrition and Physical Activity Policy that is a guide for what kind of foods and drinks we will be serving to our infants and children. Under the policy, all foods provided to our infants and children will meet the Child and Adult Care Food Program requirements as well as federal and state laws. This also applies to foods brought from home, including food for special celebrations. **Foods and beverages that do not meet Respond's standards for nutrition are prohibited unless ordered in writing by a physician.**

To help, we are providing this one-page guide for your convenience. If you have any questions or would like more information, please call (856) 365-4403.

Foods from Home

- When meals, beverages and snacks are provided from home, they must meet the Child and Adult Care Food Program requirements. These include child-size portions that are: **trans-fat free and low in saturated fat, no added sugars and sodium.**
- Foods of minimal nutritional value as defined by the U.S. Department of Agriculture are not allowed. **Items not allowed include candy, soda, cookies, cakes, doughnuts, ice cream and snack chips.**

Beverages

Beverage requirements for infants are as follows:

- Breast milk (preferred) or iron-fortified infant formula for the first six months of life.
- Water without added ingredients for infants age 7 months and older when it can be served in a cup.
- Only breast milk or formula may be served in a bottle (unless otherwise directed by a doctor).
- Children 1 and older are encouraged to use a cup.

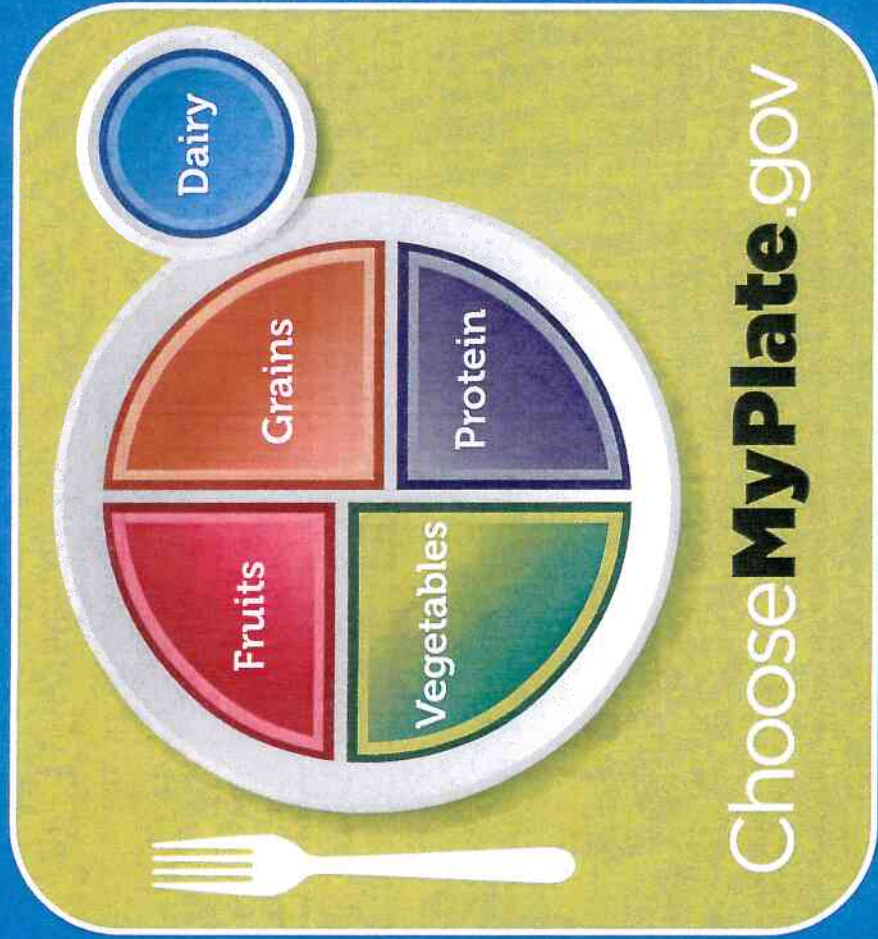
Beverage requirements for children

- Whole milk for children younger than age 2.
- One-percent or fat-free unflavored milk for children 2 and older.
- 100 percent fruit juice when it can be served in a cup (limit of ¼ cup or 2 fluid ounces per day for ages 12 -23 months and 1/3 cup or 4 fluid ounces for children 2 and older).
- Plain water without added ingredients.

Celebrations

- Foods and beverages served in classrooms have to relate to an instructional unit as well as meet Respond's nutritional requirements. Center celebrations that involve food should be limited to no more than **one** per class per month.
- Food provided by families to share with other children must consist of either **whole fruits** or **commercially prepared packaged foods that are unopened, and when possible, individually wrapped. All pre-packaged food must meet Respond's nutritional requirements. Homemade foods are not allowed.**
- We encourage families to provide nonfood items for celebrations, including holidays and birthdays. A list of acceptable nonfood items and healthy foods and beverages is available upon request.

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>				
<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soy milk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>



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HEALTHY CELEBRATIONS

Why Celebrate Healthy

By eating “junk” food at parties, kids begin to pair unhealthy foods with fun.

Kids love a party, what food they eat really doesn't matter.

We can swap unhealthy foods for healthy fun!

Avoid Foods With Minimal Nutritional Value

These foods do not provide the nutrients that children need to grow and thrive: Soda, gum, candy, cotton candy, candy coated popcorn, licorice, marshmallow candies and water ices (which do not contain fruit or fruit juice), are not allowed to be served, sold, or given away at our centers at any time.

Party Activities

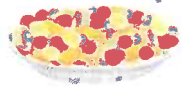
- Parties do not have to be centered on food.

Try...

- A dance party
- A scavenger hunt
- “Free choice” time
- Reading party
- Arts and crafts party



A Healthy Menu



Instead of cakes and cookies try...

- Yogurt Sundaes (Recipe on Back)
- Fruit kabobs (Recipe on Back)
- Fruit Smoothies (Recipe on Back)
- A fruit salad
- Carrots and dip
- Trail mix
- Angel food cake with fresh fruit
- Light/low-fat popcorn
- Applesauce
- Apples with yogurt dipping sauce
- Bite size sandwiches



HEALTHY RECIPES

Yogurt Sundaes

Ingredients: 1 handful of **strawberries** (or other fruit)
1 handful of whole grain cereal
1 cup **low-fat vanilla yogurt**

Directions:

1. Put a scoop of yogurt in your cup.
2. Add a handful of fruit.
3. Add a handful of whole-grain cereal.
4. Add another scoop of yogurt.
5. Top again with a handful of fruit and a handful of



Fun Fruit Kabobs

Prep Time: 15 min. **Yield:** 2 Kabobs



Ingredients:

1 apple
1 banana
1/3 cup red grapes
1/3 cup green grapes
2/3 cup pineapple chunks
2 wooden skewer sticks

Directions:

1. Prepare the fruit by washing and cutting it into small chunks.
2. Put the fruit onto a large plate.
3. Slide pieces of fruit onto the skewer until the stick is almost covered from end to end!

Fruit Smoothies

Serving Size: 1/2 of recipe
Yield: 2



Ingredients:

1 large banana
1 cup of fresh or frozen strawberries
1 cup of low-fat or non-fat vanilla yogurt
1/2 cup of 100% fruit juice
1 cup ice

Directions:

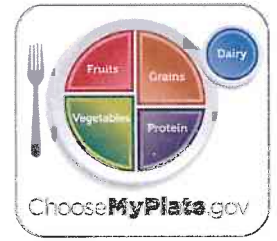
1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses, serve right away.

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. **Make them the basis for meals and snacks.**



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.