

Welcome to TOP Star

Your child care provider has decided to participate in the TOP Star program. Staff here understand how important your child's health is. Over the course of several months, your provider will be working to create a supportive environment where your child can be physically active and



What is TOP Star?

The goal of TOP Star—*Targeting Obesity in Preschool and Child Care Settings*— is to help child care providers improve their nutrition and physical activity environments. This is done through the use of a child care nutrition and physical activity self-assessment, goal-setting, and technical support from local health professionals. Your provider will have the opportunity to participate in continuing education to support TOP Star's



UTAH DEPARTMENT OF
HEALTH

Physical Activity, Nutrition & Obesity Program

Children Eating Smart



and Moving More!



For more information visit:

www.choosehealth.utah.gov

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UTAH DEPARTMENT OF HEALTH
AND YOUR LOCAL HEALTH DEPARTMENTS



Targeting Obesity in Preschool and Child Care Settings



Key Areas of TOP Star

These are the key areas of focus when making changes to the child care environment:



Nutrition

- Serve more fruits and vegetables
- Provide lean meats, whole grains, and low fat foods
- Introduce nutritious menus and more variety in food selections
- Be an example of healthy eating
- Avoid sugar-sweetened beverages and encourage low-fat or skim milk
- Encourage and support breastfeeding mothers



Physical Activity

- Staff will balance active play and inactive time
- Reduce the time your child spends watching TV and offer more teacher-led play time
- Attend workshops to learn more activities that will keep your child moving and eating healthy

Changes You May See in Your Child's Facility

- **Menus offering more fruits and vegetables prepared using healthy recipes**
- **Fewer fried or high-fat meats and more beans, lean meats, and poultry**
- **A switch to low-fat or skim milk instead of whole or 2% for children age 2 and older**
- **More outdoor play time, even when the weather isn't perfect**
- **More active time indoors and limited TV and video game use**
- **More communication with parents about what foods their children are trying and the activities they enjoy**
- **A supportive breastfeeding environment**



Give Us Your Suggestions!

Don't hesitate to get involved and help your child care providers with their changes or ask them what areas they are planning to improve.

What You Can Do at Home

TOP Star asks child care providers to make some changes and serve as role models by eating healthy and showing children that physical activity can be fun. Parents can do the same thing. Here are some ways you can help at home:

- Ensure your child gets at least 60 minutes of physical activity every day**
 - Plan special weekend activities that are enjoyable for the whole family.
- Avoid sugar-sweetened beverages**
 - Offer water when your child is thirsty and limit 100% juice to 4-6 ounces per day.
- Prepare and eat more meals at home and as a family**
 - There are many benefits to eating at home and together as a family. Find simple, quick recipes and let your children be involved in cooking and menu planning.
- Limit television/video time to no more than 1 to 2 hours a day and no television for children under age 2**
 - Encourage active play as an alternative to TV.
- Breastfeed your baby for at least one year**
 - Feed only breast milk until baby is 6 months old, and as long as mother and child mutually desire.

