



# TOP Star Sample Policies

## Nutrition and Physical Activity

In an effort to provide the best possible nutrition and physical activity environment for the children in our facility, we have adopted the following policies. The administration and staff appreciate support from parents in promoting the health of our children.

### **Nutrition:**

#### Fruits and Vegetables

- ☆ We offer fruit to children at least 2 times a day.
- ☆ We only offer fruit canned in its own juice (no syrups), fresh, or frozen.
- ☆ We offer vegetables to children at least 2 times a day.
- ☆ We only offer vegetables steamed, boiled, roasted, or lightly stir-fried with little added fat.

#### Meats, Fats, and Grains

- ☆ We offer fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) once a week or less.
- ☆ We offer fried or pre-fried potatoes (French fries, tater tots, hash browns) once a week or less.
- ☆ We offer high fat meats like sausage, bacon, hot dogs, or bologna once a week or less.
- ☆ We offer beans or lean meats at least once a day.
- ☆ We offer high fiber, whole grain foods at least 2X a day.
- ☆ We offer sweets or salty foods less than once a week or never.

#### Beverages

- ☆ We make drinking water freely available so children can serve themselves both inside and outdoors.
- ☆ We rarely offer sweetened drinks other than 100% juice.
- ☆ We serve only 1% or skim milk to children age 2 or older.
- ☆ We do not have soda or other vending machines on site.

#### Menus and Variety

- ☆ We have 3 week (or greater) cycle menus that allow for seasonal changes.
- ☆ Our menus include healthy items from a variety of cultures.
- ☆ Our menus include a combination of new and familiar foods.

#### Feeding Practices

- ☆ Our staff help children determine if they are full before removing their plate.
- ☆ Our staff help children determine if they are still hungry before serving additional food.
- ☆ Our staff gently and positively encourages children to try a new or less favorite food.
- ☆ We do not use food to encourage positive behavior.

#### Foods Offered Outside of Regular Meals and Snacks

- ☆ We provide and enforce written guidelines for healthier food brought in and served for holidays and celebrations (see below).
- ☆ We celebrate holidays with mostly healthy foods or non-food treats.
- ☆ Our fundraising efforts consist of selling non-food items only.

## Supporting Healthy Eating

- ☆ Our staff joins children at the table for meal times.
- ☆ We always serve meals family-style.
- ☆ Our staff always consumes the same food and drink as the children.
- ☆ Our staff rarely eats less healthy foods in front of the children.
- ☆ We provide visible support for good nutrition in 2 to 5 year-old classrooms and common areas through use of posters, pictures, and displayed books.
- ☆ Our staff often talks informally with the children about trying and enjoying healthy foods.

## Nutrition Education for Staff, Children, and Parents

- ☆ We provide training opportunities for staff on nutrition (other than food safety and food programs guidelines) 2X per year or more.
- ☆ We provide teacher-directed nutrition education to the children, through a standardized curriculum, 1X per week or more.
- ☆ We provide nutrition education to parents 2X per year or more.

## **Physical Activity:**

- ☆ We encourage active play
  - We provide tummy time at least 2-3 times a day for infants. While awake, we limit the amount of time infants spend in confining equipment.
  - We provide at least 30 minutes of structured activity for toddlers and provide at least 60 minutes and up to several hours of unstructured physical activity each day.
  - We provide at least 120 minutes of active play time to preschoolers each day.
  - We provide opportunities for outdoor play 2 or more times per day.
  - We ensure that children are rarely seated for periods of more than 30 minutes.
  - We do not withhold active play time for children who misbehave. Instead, we provide additional active play time for good behavior.
  - We rarely show television and videos.

## **Breastfeeding:**

- ☆ We have a breastfeeding policy
  - We provide a clean, private place for mother to breastfeed or express milk
  - We provide a refrigerator for storage of expressed breastmilk
  - We show sensitivity to breastfeeding mothers and babies
  - Our staff are trained in handling human milk
  - Breastfeeding employees are provided flexible breaks to accommodate breastfeeding or milk expression
  - We display breastfeeding promotional materials
- ☆ Each breastfeeding infant has a feeding plan on file, completed by the parent and provider