

Partners In Learning Wellness Policy

Our program is committed to the children's nutrition. Foods high in fat, sugar, and salt will only be offered on a limited basis. The dietary staff will monitor and limit those foods high in fat (more than 30%), sugar (more than 35% of calories from sugar), and those with added salt. These foods will not be purchased and fed to the children. A registered dietician will regularly educate the cooking staff and administration how to achieve the above guidelines. Unhealthy food such as chips, cake, doughnuts, and other sweet treats/candy will not be offered to the children. Healthy alternatives will be allowed. The staff and families will receive literature to support the above guidelines. Staff will be encouraged to monitor the same guidelines in food eaten on campus.

Promote Breastfeeding Friendly Facility

Breastfeeding is encouraged and supported for infants of breastfeeding mothers. If a mother wants to breast feed exclusively, the staff PIL will make every effort to provide her milk to the child. A room or designated area is set aside for active breastfeeding. If the mother chooses to breastfeed in the classroom, we ask that she remain covered. The mother will be made comfortable while breastfeeding, therefore encouraging others to consider the practice. PIL staff will provide brochures and other handouts on breastfeeding and limiting the child's accessibility to other drinks.

Infant liquid consumption

Infants unable to sit are held for bottle feeding. All others sit or are held to

be fed. Infants and toddler/twos do not have bottles while in a crib or bed and do not eat from propped bottles at any time.

Toddler/twos do not carry bottles, sippy cups, or regular cups with them while crawling or walking. Teaching staff offer children fluids from a cup as soon as the families and teachers decide together that a child is developmentally ready to use a cup.

Solid Foods (non-liquid)

Teaching staff do not offer solid foods to infants younger than 4 months, unless that practice is recommended by the child's health care provider and approved by families.

Staff members do not offer children younger than four years these foods: hot dogs, whole or sliced into rounds: nuts; popcorn; raw peas and; spoonfuls of peanut butter; or chunks of raw carrots or meat larger than what can be swallowed whole. Staff cut foods into pieces no longer than ¼ inch square for infants and ½ square for toddler/ twos, according to each child's chewing and swallowing capability.

Eliminating Whole Milk for Children Over 2 Years

All children over two years will receive only 1% or skim milk. Only children under 2 years will receive whole milk. Special milk will be served upon doctor's orders or parent preference.

Increase Consumption of Fruits and Vegetables

Fruits and vegetables will be purchased weekly in season from local farmers and incorporated into the staff and children's menu. The community garden, already in place, will provide food for snacks and meals. Local farmers will educate the staff and children on how fruits and vegetables produced locally enhance their diet. Various fruits and vegetables will be highlighted in the children's educational sessions. Staff will encourage parents/ families to support good nutrition by providing educational material on increasing fruits and vegetables for meals and snacks at home. Foods high in Fat, Sugar and Salt will be limited.

Increase Consumption of Whole Grains

Most breads, pastas and cereals will be whole grain varieties. Brown rice will be served instead of white rice. Staff and teachers will role model healthy eating by consuming the above foods. Teachers will eat with their classes at snack and meal times. A registered dietician will provide training for the cooking staff about use of more whole grain varieties in daily meal planning. Parents/families will be asked to support good nutrition by following guidelines in educational material provided by PIL.

Artificially Sweetened Drinks

A registered dietician and the wellness coordinator will educate the staff on the advantages of non-sugared and naturally flavored drinks. Parents/families will be given educational materials to support limiting drinks and their role in the obesity epidemic.

100% Fruit Juices and Children

Children will not be given fruit juices. This will not be a choice for meals or snacks. A registered dietician and the wellness coordinator will educate the staff on the disadvantages of 100% fruit juices. High calorie content per volume will be stressed. PIL will provide educational materials to the parents/families addressing why the school does not allow these juices.

Increase Consumption of Water

Water will be clearly visible and available at all times to the children. This applies to both indoor and outdoor activities. Staff and teachers will ensure that water is the only drink available in unlimited amounts, and will encourage children to drink water. A registered dietician and the wellness coordinator will educate the staff in ways to make water more desirable while using healthy means. PIL will provide educational materials and explanations to the parents/families about the value of water as the primary drink, as well as ways to enhance the taste using healthy methods.

Increase Structured Physical Activity and Active Play Time

To promote lifelong physical activity, our policy will ensure that there is planned daily physical activity that is safe, engaging, and appropriate for each age group regardless of their special need or disability. PIL will keep on hand such items as hula hoops, jump ropes, etc. Staff will develop various movement stations. An approved physical education curriculum will be implemented. Each class will schedule at least one hour into their daily activity for planned age-appropriate structured physical activity. PIL will provide educational materials to encourage parents to begin a regular physical activity plan.

Increase Opportunities for Lifestyle Activity

We will recognize the importance of staff as they model appropriate activities daily, and discuss with the children the need for an ongoing lifestyle which embraces regular activity. Artwork will be posted that promotes physical activity and an active lifestyle. Parents will be encouraged to participate in scheduled activities and games during pick-up times. There will be educational materials given to parents/families that describe the proven results of an active lifestyle.

Limit Screen Time (Television, Computer, and Videos)

Infants, toddlers, and twos will have no screen time. Children 3 and over will have one hour or less of screen time weekly. All technology will only be used for educational purposes only. Staff and teachers will encourage parents at pick-up time to engage their children in activities that increase family interaction and limit screen time. Educational materials will be provided to parents/families about the methods and advantages of limiting screen time.

Holidays/Cooking Activities

Holidays are celebrated with mostly healthy foods or with nonfood treats like stickers. Fundraising consists of selling only non-food items or healthy food.

Meal Time Role Modeling

According to the CDC 1 of 7 low-income, preschool-aged child is obese. Employees will serve as good role models making mealtime and snack time positive, cheerful, and unhurried events. Employees will sit with children during meal periods, eat the same foods the children do, offer choices and give children an opportunity to serve themselves. It is encouraged that employees engage the children in upbeat food-related conversations, make positive comments about nutrition and encourage, but not require, children to taste all foods.

Helping children develop a healthy lifestyle-including healthy eating and physical activity-begins at home but should be reinforced in our center. Employees can help children to be active and make smart food choices by modeling these behaviors themselves. Outside food or drink will not be permitted in the class room for employee consumption. Staff with special dietary needs or religious preferences as previously discussed with the Director/Administrative Staff may eat their meals outside the classroom within the given time allowance. We will demonstrate good food and nutrition practices so our families who visit/attend our center can be confident their children are getting the

nutrition they need and developing healthy eating habits that can help them avoid diet-related problems as they grow older.

Wellness Policy adopted 5/23/12