

Take Action for Fit Kids!

EARLY CARE AND EDUCATION

Childcare providers have a unique opportunity to support and promote healthy growth in children by providing healthy foods and opportunities for physical activity.



Provide an environment that supports physical activity:

- Provide daily active playtime, outdoors and indoors, for all children.
- Provide a variety and sufficient quantity of portable play equipment for use indoors and outdoors.
- Limit screen time to 30 minutes once a week, for children 2 years and older. No screen time is recommended for children younger than 2 years of age.
- Do not withhold or use physical activity as punishment.
- Require staff to participate in annual training on age-appropriate gross motor activities and games.

Provide an environment that supports healthy eating:

- Encourage, arrange for, and support breastfeeding.
- Provide a fruit (other than juice) and/or vegetable at every meal and snack.
- Provide only skim/low-fat milk or water to children over age 2. Provide only breastmilk, formula, or whole milk for children under 2.
- Do not use food as a reward or punishment.
- Require staff to participate in annual nutrition training.