

# Winter Park Day Nursery

Our children will learn how to make healthy choices about food and physical activity as part of their daily lives – building a foundation for a lifetime. Our child care providers model healthy eating and physical activity. **We strive to work with our parents to promote healthy habits for life.**



To achieve these goals, Winter Park Day Nursery has adopted the following policies:

## Nutrition & Physical Activity Education

- Routine lesson plans regularly include instruction about healthy eating activities
- Nutrition education is integrated into other subjects such as sensory development, language arts, science, math, dramatic play.
- Child care providers participate in continuing education trainings at least twice a year on teaching nutrition and physical education instruction.

## Food & Beverage Practices and Behaviors

- Parents are encouraged to provide whole fruits and vegetables (fresh or frozen) as part of meals and snacks. Program-provided snacks include whole fruits and vegetables (fresh or frozen) as an option. Our program will provide no fruit in syrup or juice.
- Due to the possible life-threatening consequences, if a child has a food allergy confirmed by a physician, we will inform all families, avoid having the food on the premises (for children and child care providers) and discard the offending food if brought in.
- We encourage drinking water for thirst; water is available for self-administration in indoor and outdoor spaces; low fat milk is provided at meals.
- We will encourage, but do not force nor bribe children to eat. Food will never be used as a reward or punishment.
- At least one child care provider will eat lunch with their classroom to model healthy choices and supervise meals.

## Physical Activity & Screen Time

- Children will participate in two 30-45 minute unstructured active play sessions outdoors daily and indoor structured physical activities at least twice daily.
- Children with disabilities will have appropriate opportunities for physical education and activity and participate with non-disabled peers when possible.
- We limit screen time to no more than 15 minutes twice weekly for our Get Healthy Now Show DVD which may be repeated in case of bad weather on another day.

## Other Activities

- For birthday celebrations, our Food Service Staff prepares a low sugar cake. Parents have the option to bring gift bags for all children and are encouraged not to bring candy or unhealthy snacks.
- The foods and beverages served at all our meetings comply with our Healthy Choices listings.
- We send home a monthly family newsletter which may include some lessons we teach on healthy eating and physical activity. Thank you for your support in promoting these messages at home.
- Our Wellness Policies are reviewed by our Wellness Advisory Council each year.

If you have suggestions or comments, please see Ms. Ali DeMaria in our office.

Supported by the Winter Park Health Foundation, to help make sure healthy habits start early.

Developed with the assistance of

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