# EVIDENCE-BASED POLICY, SYSTEM, AND ENVIRONMENT CHANGES THAT INCREASE CHILD-FOCUSED HEALTHY EATING IN A PRESCHOOL SETTING

## HEALTHY EATING

| ★ indicates potential Colorado Shines alignment + indicates Colorado State licensing requirement |

### Meal Time Environment
- Meals are served family style (children serve themselves)
- Staff sit with children during meal times +
- Staff create social interaction and conversation about food at snack and meal times +
- Children are provided enough time and are not rushed to eat +
- Staff eat the same food and use informal modeling to encourage children to try foods
- Children decide when they are full during meals and snacks
- Food is not used as reward or punishment +
- Staff never eat less healthy food in front of the children

### Food Served
- Snacks consisting of fruits and/or vegetables are served 2-3 hours apart
- Only whole-grain foods are served
- At least one fruit and/or vegetable is served at every meal and snack
- Less than 4 oz of 100% juice is served no more than twice a week +
- Low-sodium meals or snacks are served every day
- High fat and high sugar foods are served less than once a week or not at all
- Water is readily accessible in all indoor and outdoor environments
- Only low-fat or non-fat white milk is served for children over 2 years of age

### Nutrition Education
- Nutrition education and cooking activities are included in lesson plans at least once per month
- Childcare professionals use a nutrition education curriculum that incorporates other subjects, such as sensory development, language, science, math and dramatic play
- Nutrition lessons reflect children's culture
- Children participate in food preparation activities (ex. cutting fruits and veggies and helping serve/prepare meals)
- Child care professionals teach children about the taste, smell and texture of foods, the benefits of eating healthy foods, as well as vocabulary and language skills about food and eating

### Food Served at Events
- Special occasions, including birthdays, are celebrated with healthy food or non-food activities
- Outside food is not permitted in the classroom

### Additional Policies and Practices
- Center has a garden and serves fruits/vegetables from the garden for children to taste ★5.7
- Visible support for healthy eating is provided in classrooms and common areas through use of posters, pictures, and displayed books ★ 2.2
## Physical Activity

★ indicates potential Colorado Shines alignment + indicates Colorado State licensing requirement

### Outdoor Play
Classroom teachers lead children in structured physical activities daily (once in a 3-hour or less time period, twice in a 5-hour or more time period ★5.5 +

A variety of portable play equipment is freely available to students at all times

Adequate outdoor facilities for play are provided (open space and fixed equipment)

Teachers join children in active play ★

Children have 2-3 opportunities for outdoor play (60-90 min) per day +

Physical Activity is not to be used as a punishment

Physical Activity is used as a reward opportunity for students

Outdoor playtime is not withheld for poor behavior

Music and Movement activities are implemented daily (either in classroom or during outdoor play)

### Indoor Environment
Children are allowed 90-120 minutes of unstructured play per day

Short activity sessions (10-15 min) using varied movements are implemented daily

Children are not sedentary for more than 60 minutes at a time, except when napping

Indoor play spaces are available for active play, including running

### Physical Activity Education
Physical activity education is provided to children using a standardized curriculum at least 1 time per week

### Screen Time
Screen time is limited to no more than 30 minutes per week & designated for educational or physical activity purposes only +

Screen time is not used during any snack or meal time +

Screen time is not used as a reward

### Additional Policies and Practices
Visible support for physical activity is provided in classrooms and common areas through use of posters, pictures, and displayed books ★ 2.2