



Office of the State Superintendent of Education Wellness Guidelines for Child Development Facilities

*D.C. Child Care Licensing Requirement

SERVING TASTY HEALTHY MEALS

Wellness Guidelines

Meals Served

All foods served meet, at minimum, the requirements of the Child and Adult Care Food Program (CACFP). M1 *

The facility provides meals for infants. M2

The facility provides meals for children. M3

If needed, the facility supplements parent-provided meals so that they meet CACFP requirements. M4

Infants

Infants are fed on demand. M5

Infants are allowed to stop eating on their own. M6

Infants are held during bottle feeding. Bottles are not propped during feeding. M7*

Facility consults with parents when introducing age-appropriate solid foods. M8

Facility introduces breast-feeding infants gradually to iron-fortified foods no sooner than 4 months, preferable at 6 months. M9

Infants are not fed infant formula mixed with cereal, juice or other foods without written instructions from primary care physician. M10

Fruit juice is not served to infants. M11

Breastfeeding mothers are provided access to a private room for breastfeeding or pumping, other than a bathroom, with appropriate seating and privacy. M12*

Children

100% fruit juice is limited to no more than 4-6 ounces per day per children 1 – 6 years old. M13*

When fats and oils are needed in cooking, only plant-based oil used. M14

Milk for 12-23 month olds: Serve whole unflavored milk to children in this age group who are not breast fed or serve reduced-fat milk to those at risk for high cholesterol or obesity. (*Lactose-free or lactose-reduced milk are allowed*). M15 *

Milk for children 2 to 5 years old: Serve unflavored fat-free or low-fat (1%) milk to children in this age group. (*Lactose-free or lactose-reduced milk are allowed*). M16*

One to two grains per day are 100% whole grain or whole grain-rich. M17*
(Whole grain-rich = a food containing at least 50% whole and the rest are enriched.)

Red/orange vegetables are provided 2-3 times each week. M18

Dark green vegetables are provided 3-4 times each week. M19

Each week, at least one serving of beans/peas is provided. M20

The facility does not serve the same fruit and vegetable more than one time a day. M21

Each day, at least one component of the snack is a fruit or vegetable. M22

Meats served are minimally processed and free from additives and other artificial substances. M23

100% real cheese is served. M24

Limit excess sugar, e.g., does not serve candy or serve yogurt with no more than 23 grams of sugar per 6 ounces. M25*

Salt intake is limited by avoiding salty foods (e.g. chips, pretzels). M26

No sugary cereals served, i.e. containing 6 or fewer grams of sugar per ounce. M27*

No deep-fat fried and commercially pre-fried meats/meat alternates are served. M28

No deep-fat fried and commercially pre-fried vegetables are served. M29

Sugary drinks, including fruit drinks, sports drinks, sweet tea, and soda are never offered. M30

Indoors, drinking water is continuously available to all children and is served on demand. M31*

Outdoors, drinking water is continuously available to all children and is served on demand. M32*

Serving Food Safely

The facility works to prevent choking by cutting infant foods into pieces one-quarter inch or smaller and by cutting toddlers foods into pieces one-half inch or smaller. In addition to the food monitoring, children are always seated when eating to reduce choking hazards. M33

The facility ensures that all foods consumed are presented in a developmentally-appropriate texture and form. M34

The facility maintains written instructions and trains staff on the process to ensure children with allergies do not come into contact with the food allergen. M35 *

Local Foods/ Seasonal Foods

Contract with food service vendors that utilize locally grown, and locally processed and unprocessed foods from growers engaged in sustainable agriculture practices. M36

Locally grown and locally processed and unprocessed foods are served at least once per week. M37

Menus incorporate seasonal foods at least one time a week. M38

PROMOTING PHYSICAL ACTIVITY

Wellness Guidelines

Infants

Engaging activities for Tummy Time with all infants are offered at least 2-3 times per day while the child is awake. Staff responds promptly to cues for frustration, boredom or fatigue. PA1

To support infant development, swings, bouncy chairs and other confining equipment (except high chairs and strollers) are not used in the infant classroom at any time. PA2

Restrictive infant equipment (swings, bouncy chairs and other confining equipment except high chairs and strollers) are only used for up to 30 minutes twice a day. PA3*

Children

Toddlers (12 months-3 years old) engage in physical activity for 60 to 90 minutes per 8-hour day. PA4*

Preschoolers (3-5 years old) engage in physical activity for 120 minutes per 8-hour day. PA5*

Infants and children participate in two or more structured or caregiver/teacher/adult-led activities or games that promote movement each day. PA6 *

Children 2 years and older are not engaged in sedentary activities or activities requiring them to sit passively for more than 30 minutes continuously, except during scheduled rest or nap time. PA7*

Screen Time

Children 2 and younger do not have screen time. PA8 (Screen time includes TA and DVD viewing, video games, recreational computer use, internet surfing and other electron devices.)*

Children 2 years and older are engaged in no more than 30 minutes of screen time per week. (Screen time includes TA and DVD viewing, video games, recreational computer use, internet surfing and other electron devices.) PA9

Children 2 years and older are engaged in no more than 60 minutes of high-quality educational or physical activity media time per day. PA10*

For children 2 years and older, screen time is used for educational purposes or physical activity only. PA11

Supportive Environment

Staff role model positive behaviors by being physically active with children, both indoors and outdoors. PA12

Active play is not withheld from children who misbehave. PA13*

Adequate space is available for indoor active play. PA14

Adequate space is available for outdoor active play. PA15

ENHANCING FACILITY ENVIRONMENTAL SUSTAINABILITY

Wellness Guidelines

There is a facility-wide recycling program. ES1

The facility has clearly marked containers for recycling. ES2

The facility does not use *Styrofoam™* in any parts of its food service. ES3

Facility uses reusable age-appropriate sized plates, bowls, cups, utensils and serving pieces for meal/snack times. ES4

Lights are turned off when a room is not in use. ES5

The facility welcomes daylight. Blinds are opened to let in natural light. In the summer when sunlight can make rooms too warm, the facility takes comfort into consideration first. ES6

The facility uses energy-efficient compact light bulbs, like compact florescent light bulbs (CFLs) or light-emitting diode (LED) bulbs. ES7

The facility powers down electronics by enabling the sleep setting on all computers and copiers. ES8

The facility always turns off computer monitors when not in use. (They are responsible for two-thirds of desktop computer consumption.) ES9

The facility unplugs appliances that aren't being used during breaks/vacations. (Even appliances that are plugged-in but not "on" still suck electricity.) ES10

HVAC temperature setbacks: The facility turns down the thermostat to 70 degrees during colder months and 75/76 degrees during warmer months. ES11 - *DC Green Schools - Energy Conservation Tips* (You can save up to 5% in heating costs for every degree you lower the temperature following this best practice.)

The facility unblocks vents to allow warm or cool air to properly circulate throughout the room. ES12 (Prevent airflow blockage by moving bookcases and other bulky items away from the heating and cooling units.)

PROVIDING EFFECTIVE NUTRITION AND HEALTHY EATING EDUCATION

Wellness Guidelines

Nutrition Education Delivery

Nutrition education helps children to understand that foods have different nutritional values. NE1

Nutrition education is offered through a standardized, evidence-based curriculum. NE2

Nutrition education is included with other subjects such as sensory development, language, science, math, and dramatic play. NE3

Children are taught about healthy foods and the pleasure of eating through formal opportunities (e.g. circle time). NE4

Children are taught about healthy foods and the pleasure of eating through informal opportunities (e.g. mealtime conversation). NE5

At least once per month, lesson plans include nutrition education that gives children the knowledge and skills they need to make healthy food choices. NE6

Nutrition education programming involves parents/guardians. NE7

Child care providers teach children about the taste, smell, and texture of foods as well as the benefits of eating healthy foods. They teach vocabulary and language skills about food and eating. NE8

Child care providers promote breastfeeding as optimum source of infant nutrition through posters, handouts, education, and a supportive environment. NE9

Gardening programs are included in the facility's nutrition education strategy. NE10

Farm-to-child care programs are included in the nutrition education strategy. NE11

Family-style Meal Service

All meals to preschoolers are served family-style. When it becomes developmentally appropriate, children are encouraged to serve themselves with limited help. NE12

Facility uses reusable age-appropriate sized plates, bowls, cups, utensils, and serving pieces for meal/snack times. NE13

Facility teaches children appropriate portion sizes by using plates, bowls, and cups that are developmentally appropriate to nutritional needs. NE14

Staff role model healthy eating and family-style meal service by sitting and eating with the children at snack and lunch times. NE15

Role Modeling

All staff role model healthy eating by eating foods that do not match wellness standards in the staff break area, away from view of children. NE16

All staff role model healthy eating by transferring all beverages from their original container to cups that do not expose food company logos. NE17

Supportive Environment

Foods and beverages are not used as rewards or punishments. NE18

Children are not forced or bribed to eat. NE19

Every child care provider, including directors, food service workers and frontline staff, share the responsibility of providing nutrition education. NE20

Wellness Policy

The facility has a wellness policy. NE21

The wellness policy includes realistic and measurable goals. NE22

At least once a year, the facility checks the progress on implementing the wellness policy. NE23

The facility has a Wellness Advisory Council that includes a teacher, parent/family and community member. NE24

ENSURING WELLNESS PROFESSIONAL DEVELOPMENT FOR STAFF

Wellness Guidelines

Nutrition education/Physical Activity/Wellness PD

Staff attends internal and/or external training on nutrition/healthy eating at least 2 times per year.

(This is separate from food safety trainings.) PD1

Staff attends internal and/or external training opportunities that teach age-appropriate gross motor activities and games that promote physical activity at least 2 times per year. PD2

Child care providers' professional development includes available evidence-based materials that can be used to teach a basic knowledge of nutrition to children. PD3

Professional development includes training on breastfeeding for all new employees and at least once per year thereafter. PD4

Staff wellness

Facility has a staff wellness policy. PD5

Facility offers its staff resources and/or trainings on how to increase their personal wellness through physical activity at least 1 time per year. PD6

Facility offers its staff resources and/or trainings on stress reduction and stress management. PD7

Facility offers its staff resources and/or trainings on how to increase their personal wellness through healthful eating/chronic disease prevention at least 2 times per year. PD8

PARTNERING WITH FAMILIES TO PROMOTE FACILITY WELLNESS

Wellness Guidelines

Families are educated on the Child and Adult Care Food Program (CACFP) meal requirements. FFW1

Families receive information about the program's nutrition, breastfeeding, physical activity and screen time policies when they enroll their infants/children. FFW2

Families are provided with information in the appropriate language about how to foster healthy eating, encourage physical activity and limit screen time at home. FFW3

Families are offered nutrition education by child care facilities (workshops, special programs, newsletters). FFW4

Families are encouraged to participate in the program's Wellness Advisory Council. (At least one family will participate.) FFW5

Nutrition education is offered to parents at least twice yearly. Evidence based, peer reviewed, culturally appropriate materials are written in a language and at a level the families can understand. FFW6

In all communication with parents/guardians/families, the child care providers show respect for the families' cultures and customs. FFW7

All families are welcomed and encouraged to participate in program activities. FFW8