

# Together We Can Raise Healthy Children

## Childhood Nutrition and Wellness

The foods children eat and lifestyle habits they learn have a lasting effect on their health. There are ways your child care provider is promoting healthy habits while your children are in care.

These are:

- Serving nutritious meals,
- Encouraging children to be active, and
- Limiting TV and other screen time.

Quality child care providers take steps to keep the children healthy! You can help your child by doing the same at home.

## Partner With Your Provider

Together, you and your child care provider share an important role in setting good nutrition and physical activity habits for your children! Want to know how? Read on for more information.



## Plan Healthy Meals

Look at your child care provider's menu.

- If you see fruit or vegetables that are new to you, think about serving them at home. Sometimes new foods take time. Offer new fruits and vegetables many times.
- Ask if your provider has a policy on healthy celebrations. Instead of cake and sweets for parties, you can bring yogurt and fruit to make yummy parfaits.
- Share your child's favorite healthy recipes with your provider to serve at child care.

## Children Can Help, Too

Your provider may let the children help prepare and serve meals. Children can do simple and safe tasks at home too. They can wash vegetables, toss a salad, and set the table.

Children love to eat the foods they help make!

Here are more ways they can help at home:

- Plan meals together using new foods they tried at child care.
- Pour and mix ingredients, away from the stove.
- Chart how many different fruits and vegetables the family eats each week using stickers or drawings.

## Eat Together!

Children see adults as role models, even at mealtimes. Your child care provider serves meals family style, which means adults sit with the children and:

- Eat the same foods,
- Teach children to serve themselves, and
- Talk about the healthy food they are eating.

Serving meals family style at home and child care allows children to learn how much to eat and be willing to try new foods.

## Play... Play... Play!

Physical activity helps children's bones and muscles grow strong and lowers the risk of weight gain. Your child care provider's daily schedule includes:

- indoor and outdoor active play, and
- limits TV and other screen time.

Send your child dressed and ready for active play indoors and outdoors. Include coats, hat, mittens and boots to play outside in any weather.

Staying active at home is good for everyone in the family! Going for walks together or playing in a local park are great ways to enjoy activity with your children. Less screen time equals more quality family time together.



## For More Information

about healthy eating and exercise, visit:

### CACFP

[health.ny.gov/CACFP](http://health.ny.gov/CACFP)

### Let's Move! Child Care

[healthykidshealthyfuture.org](http://healthykidshealthyfuture.org)

### Eat Well Play Hard in Child Care Settings

[health.ny.gov/prevention/nutrition/cacfp/ewphccs.htm](http://health.ny.gov/prevention/nutrition/cacfp/ewphccs.htm)

### QUALITYstarsNY; A winning beginning for all our children

[qualitystarsny.org/index.php](http://qualitystarsny.org/index.php)

### Choose My Plate

[choosemyplate.gov](http://choosemyplate.gov)

### Eat Smart New York

[otda.ny.gov/programs/nutrition/](http://otda.ny.gov/programs/nutrition/)

### Core Nutrition Messages for Healthier Food Choices

[www.fns.usda.gov/core-nutrition/core-nutrition-messages](http://www.fns.usda.gov/core-nutrition/core-nutrition-messages)

### Physical Activity Guidelines for Children

[nrckids.org/default/index.cfm/parentsguardians/](http://nrckids.org/default/index.cfm/parentsguardians/)

### Child care regulations

[ocfs.ny.gov/main/childcare/daycare\\_regs.asp](http://ocfs.ny.gov/main/childcare/daycare_regs.asp)



When a child care provider joins the free Child and Adult Care Food Program (CACFP), they can be reimbursed for serving healthy meals and snacks to children.

CACFP staff can help child care providers learn about CACFP and plan healthy meals.

Ask your child care provider to contact CACFP at:

**Center-based programs, call**

**1-800-942-3858**

**Family and Group Day Care, call the Growing Up Healthy Hotline**

**1-800-522-5006**

E-mail: [cacfp@health.state.ny.us](mailto:cacfp@health.state.ny.us)

To order more brochures, contact:

NYS DOH Distribution Center

21 Simmons Lane

Menands, NY 12204

Fax: 518-465-0432

[b0019w@health.state.ny.us](mailto:b0019w@health.state.ny.us)

NYS Department of Health

Division of Nutrition

[health.ny.gov](http://health.ny.gov)

NYS Office of Children & Family Services

Division of Child Care Services

[ocfs.ny.gov](http://ocfs.ny.gov)



# Together We Can Raise Healthy Children

