



Keystone Kids Go! Early Childhood Literature and Resource Guide

Helpful Resources for Early Childhood Programs Looking to Improve Nutrition and Physical Activity Practices for Staff, Children, and Families

Policy

Institute of Medicine, Early Childhood Obesity Prevention Policies

<http://www.nationalacademies.org/hmd/Reports/2011/Early-Childhood-Obesity-Prevention-Policies.aspx>

In this report, the IOM recommends actions that healthcare professionals, caregivers, and policymakers can take to prevent obesity in children five and younger.

Model Child Care Health Policies 2011 Update for Nutrition and Physical Activity

<http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies/item/248-model-child-care-health-policies>

This document updates the nutrition section of the 2002, 4th edition of Model Child Care Health Policies and adds a new section with model policies about physical activity.

Sample Child Care Center/Family Child Care Home Model Breastfeeding

Policy <https://d3knp61p33sjvn.cloudfront.net/2015/04/FCC-Breastfeeding-Policy.pdf>

The Colorado Department of Public Health and Environment offers this model child care policy to directors and staff of child care centers and family child care home providers for adaptation.

CHOICE: Creating Healthy Opportunities in Child Care Environments

<https://www.cocokids.org/child-health-nutrition/c-h-o-i-c-e-toolkit-self-assessment-questionnaire/>

This Tool Kit was created by the Contra Costa Child Care Council to help child care centers through the process of developing comprehensive written nutrition and physical activity policies.

Action Guide for Child Care Nutrition and Physical Activity Policies developed by the Connecticut State Department of Education

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322562>

The action guide is intended to help local and community child care, early education and afterschool programs establish and implement policies and practices that encourage healthy lifestyles in children. The action guide includes best practices for promoting healthy eating and physical activity for children from infancy through school age, based on current science, public health research, and national recommendations and standards.

Challenges and Opportunities Related to Implementation of Child Care Nutrition and Physical Activity Policies in Delaware

<http://altarum.org/our-work/challenges-and-opportunities-related-to-implementation-of-child-care-nutrition-and-physical-activity>

OR

<http://altarum.org/sites/default/files/uploaded-publication-files/DelawareFocusGroup-FullReport-FIN.pdf>

A new study just published by the nonprofit health research organization, Altarum Institute, suggests that Delaware's first-in-the-nation guidelines for nutrition and physical activity in childcare settings are broadly accepted by both childcare providers and parents, but that challenges remain which should be addressed to implement the new policies fully and effectively.

Local School Wellness Policies

PA Department of Education (PDE), Division of Food and Nutrition (DFN) resources:

The Child Nutrition and WIC Reauthorization Act of 2004 required that all school districts participating in the National School Lunch Program develop a local wellness policy by July 1, 2006. These local school wellness policies must: Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of a local wellness policy.

Include nutrition guidelines, selected by the local educational agency, for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity.

Include goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines appropriate.

Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.

The PDE DFN put together tools to help assist the school community in dealing with this requirement. These tools can be accessed at the following website:

<http://www.education.pa.gov/Teachers%20-%20Administrators/Food-Nutrition/Pages/Local-Wellness.aspx#tab-1>

On July 20, 2007, legislation was enacted to change the School Code for the Commonwealth of Pennsylvania to provide a supplemental state reimbursement for each breakfast and lunch served as part of the National School Lunch Program and School Breakfast Program. Known as the School Nutrition Incentive Program, it applies to all schools that adopt and implement, as part of their wellness policy, the Department of Education's nutrition standards for food and beverages available on each school campus. The School Nutrition Incentive Program provides additional financial support for schools investing in the long-term nutritional health of their school-aged children.