



Wee Wons

Contact Information

CACFP Sponsor	Wee Wons Inc.
Child Care Facility Name	Wee Wons Inc.
Child Care Provider Contact Person Name	Cheryl Traylor
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Contact Person Phone Number	570-646-6500 x1

Description

We are a licensed day care center located in Monroe County. We serve 61 children. We accept children from 6 weeks to 5 years of age. Our families have the choice of bringing food from home or participating in our food program. We are fortunate to have excellent outdoor space and take advantage of this by getting outside as much as possible. We have a huge playground that is safe and secure nestled in a woody backdrop. Our playground is state of the art with padded ground covering (ASTM certified). We also have a large covered play area for those bad weather days.

Keystone STARS Level 3

Category

Nutrition and Physical Activity Policy – N9 Nutrition Policy; PA5 Physical Activity Policy

Goal

Our goal was to improve upon our policies for nutrition and physical activity. We wanted to give our families, staff, and children information as to what is acceptable food for our children and what physical activity to expect each day.

Promising Practice

We did not have a written nutrition or physical activity policy in place. As the Director, I investigated the many different sites provided by PA NAP SACC website to get ideas to use in our policy. At a staff meeting, we discussed different ideas of what would help with our new policy. I used the information that I was able to obtain from the web sites, information from the staff, along with what we already had in use, to create our Nutrition and Physical Activity Policy. When it was completed, I added the new policy to our Parent Handbook and also handed out copies to our current families.

Action Steps

- Gather information on nutrition and physical activity policy from the PA NAP SACC website and other sources.
- Meet with staff to solicit their ideas.
- Using all of the information gathered, create the nutrition and physical activity policies.
- Add the information to the Parent Handbook for new families.

- Share the information with enrolled families.
- Distribute information to support policy, such as fun things to do together as a family, healthy celebration, guidelines for packing a healthy breakfast and lunch, ways to get more physical activity, and information on appropriate serving sizes.

Materials

Item Purchased	Cost of Item
Copy Paper and Printer Ink	\$19.10

Advice

I never realized the importance of having a Nutrition and Physical Activity Policy until one was created. It does make a difference in what type of food our children bring into the center and what our staff eats with the children. Creating a policy helped our families and staff take a good look at what they eat and the physical activity they do. This policy makes us all more aware of what we are doing. Creating a policy makes a difference.

Evidence of Success

Our success is measured by what the children now bring in for lunch and the questions we get from our children like, "Is this healthy?" or "Is this good for me?" Our goal is met when the children and staff talk about what is healthy and what is not, or when they talk about what they are going to do outside. We are still a work in progress but we are getting better. There is always something more to learn.