

5 HEALTHY GOALS

IMPROVE FOOD CHOICES

PROVIDE HEALTHY BEVERAGES

INCREASE PHYSICAL ACTIVITY

REDUCE SCREEN TIME

SUPPORT BREAST FEEDING








Join the thousands of early education and child care providers who have already committed to **Healthy Kids, Healthy Future** by signing up at www.HealthyKidsHealthyFuture.org



Early education and child care providers in centers and family-homes across the nation have joined **Healthy Kids, Healthy Future**, to promote children's health by encouraging and supporting healthier physical activity and nutrition practices through the 5 goals listed below. With over 25% of 2- to 5-year-old children already overweight or obese in the United States, the early education and child care communities are essential allies in the effort to solve the childhood obesity problem, support children's healthy development, and prevent later chronic disease.

Healthy Kids, Healthy Future Goals

-  **1. Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
-  **2. Screen Time:** No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure that children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).
-  **3. Food:** Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.
-  **4. Beverages:** Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and provide no more than one 4- to 6-ounce serving of 100% juice per day.
-  **5. Infant Feeding:** For mothers who want to continue breastfeeding, provide their expressed milk to their infants and welcome them to breastfeed during the child care day.

For more information and to sign up for *Healthy Kids, Healthy Future* visit www.HealthyKidsHealthyFuture.org

Getting Started with *Healthy Kids, Healthy Future* Is Simple

Follow these easy steps today to support healthy choices for the children you serve in your home or center. Signing up and participating are free.

- STEP 1** **Take the *Healthy Kids, Healthy Future Child Care Quiz*.** Answer the questions to see which Healthy Kids, Healthy Future Child Care goals you are meeting already and which goals you need to work toward.

- STEP 2** **Build Your Action Plan.** Create an Action Plan exclusively for your center or home to help you reach the Healthy Kids, Healthy Future child care goals.

- STEP 3** **Access Free Resources and Ideas.** (The resources have remained the same) Find a variety of helpful, free resources and ideas to help you implement your Action Plan and meet the *Healthy Kids, Healthy Future* Child Care goals including CACFP, Spectrum of Opportunities for Obesity prevention, resources for parents, menus and much more!

- STEP 4** **Celebrate Your Success!** Share your story and tips for success with others by filling out the success story form.



Need help? Just send an email to ccaldwel@nemours.org