

Nutrition and Physical Activity Checklist for Child Care

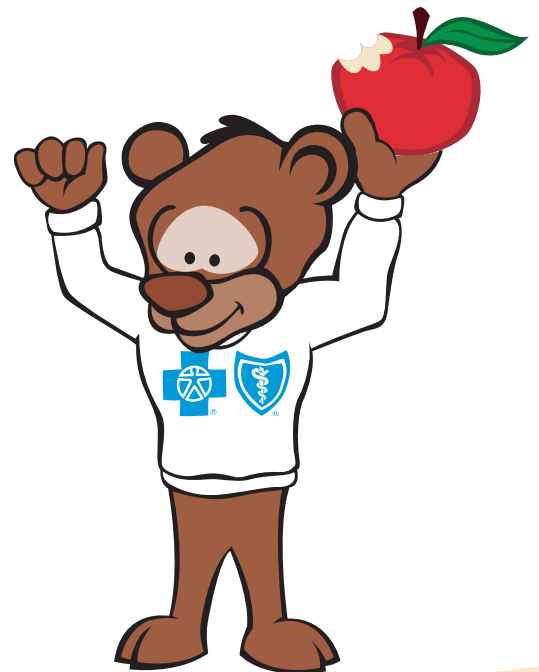
Check the box if your child care facility meets the following guidelines:

Nutrition Guidelines

- Limit 100% fruit juice to no more than 6 ounces per day.¹
- Offer whole fruit (fresh, frozen or canned in its own juice) 2+ times per day.
- Offer whole grain foods 2 or more times per day.
- Offer dark green, orange, red and/or deep yellow colored vegetables (not fried) at least 2 times per day (not including potatoes, corn or green beans).
- Do not serve fried or pre-fried potatoes (French fries, tator tots, hashbrowns).
- For infants 0–11 months, offer only breast milk or iron-fortified infant formula; serve unflavored skim or 1% milk to children ages 2 years and older; Serve whole milk to children ages 12-24 months.¹
- Drinking water is available inside and outside, where it is visible and available for self-serve.¹
- Offer fried or pre-fried meats (chicken nuggets, fish sticks) and high fat meats (sausage, bacon, hot dogs, bologna, ground beef) less than once per week or never.
- Offer sweets or salty foods less than once per week or never.
- At least one caregiver joins the children at the table for meals to consume the same healthy foods and beverages.¹

Play and Physical Activity Guidelines

- Active play time is provided to all children for at least 120 minutes per day (pro-rated for short day programs).
- Allow children to get the most out of your outdoor learning environment – take all children outside for at least 60 minutes each day.²
- Provide structured (teacher-led) physical activities to all children 2 or more times per day.²
- Have at least six different types of play materials and wheeled toys outside so that children can play with them freely.³
- Involve children in gardening activities – plant fruits and/or vegetables adjacent to play areas.
- Use produce from your child care facility's garden for meals and snacks.
- Provide screen time (TV, videos, computers, video games) no more than 30 minutes per week.³



In July, 2010, the NC Child Care Commission created licensing requirements to address nutrition and physical activity practices in child care centers and family child care homes.

¹ helps to achieve licensing requirement 10A NCAC 09.0901

² helps to achieve licensing requirement 10A NCAC 09.0508

³ helps to achieve licensing requirement 10A NCAC 09.0510

