

WELLNESS CHAMPION CHECKLIST

Easy steps to support healthy eating and active living for all children.

Instructions:

1. Check the boxes next to the policies which are always followed in your child care facility.

2. Fill out all parts of the Checklist, and obtain both required signatures.

3. Send the completed checklist and \$50 payment to the address indicated within 30 days.

4. To ensure best practices are being upheld, unannounced visits may occur.

Questions? Call 1-800-908-8883 or e-mail wellnesschampion@ymca.org



Eat five or more servings of fruits and vegetables a day.

- Serve only meals, snacks, and treats that meet or exceed the requirements of the USDA's Child and Adult Care Food Program.**
- Serve fresh and/or frozen fruits and vegetables every day.**
- Allow children after age 2 or when developmentally appropriate to take part in family style meals during meal and snack time.**
- Act as role models by sitting down to eat with children and eating healthy foods.**
- Encourage children to serve themselves small-sized, age appropriate portions, and allow for additional servings of nutritious foods.**
- Do not offer food as a reward or deny food as a punishment. Never force or punish children for not eating.**
- Ensure that menu items are selected from the USDA's Child and Adult Care Food Program (CACFP)**
 - *Preferred Choice column the majority of the time.
- Use child-sized serving and eating utensils, plates, and cups.**
 - Encourage children to eat with utensils and not their hands when developmentally appropriate.
- Offer meals and snacks at scheduled regular times.**
 - For children ages 2-5: Offer food at least 2 hours apart and not more than 3 hours apart.
 - For children under age 1: Feed on cue; have a consistent caregiver feed the same child(ren) as often as possible.
- Encourage children to sit at the table when eating meals and snacks.**
- Allow children to decide how much of a child-sized portion of food they will eat.**
- Participate in the Farm to Preschool program (www.OurCommunityOurKids.org).**
- Talk with children about different types of healthy foods, healthy eating and foods of different cultures.**
- Ask parents to follow the nutritional guidelines outlined in the CACFP attachment when food is brought from home.**
- Give menus to parents at least 2 weeks in advance.**
- Allow parents to only bring healthy celebratory food for special occasions such as parties or celebrations.**



Limit recreational screen time to two hours or less.

Screen time is defined as any exposure to TV, computer, video games, cell phones, tablets, etc.

- Do not allow children under age 2 to be exposed to screen time.**
- For children over age 2, limit screen time to no more than 30 minutes per week of educational or physical activity programming.**
- Do not use screen time during meal or snack time.**
- Limit computer time to 15-minute increments.**



Get one hour or more of physical activity every day.

- Allow 60 (part-day) to 120 (full-day) minutes of age appropriate active play per day for children ages 1 to 6.**
- Provide 2 structured physical activities per day.**
- Encourage activities such as running, climbing, dancing, skipping and jumping.**
- Include both indoor and outdoor active play.**
- Model active behavior for children by participating in active play both indoors and outdoors.**
- Promote physical activity and good nutrition by using toys, posters, and lesson plans.**



Drink zero sugary drinks.

- Provide fresh drinking water to children indoors and outdoors throughout the day and serve water between meals.**
- Do not serve soda, diet soda, fruit-flavored drinks or otherwise unhealthy beverages.**
 - **Do not serve fruit juice to children under age 1.**
- If juice is served to children over age 1, serve 100% fruit juice only at meal times.**
 - Limit 100% fruit juice to 4 ounces per day, including juice served to children at home.

Other Health Policies:

- Develop a wellness policy that suits your childcare's mission and vision and includes the required elements of this checklist (**BOLDED**). Share your wellness policy with all existing and incoming parents.
- If applicable to your facility, support breastfeeding for parents and employees by developing a breastfeeding policy.
 - **Coordinate child care feeding schedules with the mother's schedule.**
 - **Accept expressed breast milk and use within 72 hours of being expressed.**
 - **Store breast milk in the refrigerator in a bottle labeled with the baby's name and date the milk was expressed.**
 - **Provide mothers who want to breastfeed a clean, private location in the facility.**
 - **Never deny children entry into the facility because they are breastfeeding.**
- Include parents in healthy eating and physical activity planning.
- Seek continuing education for child care employees about how to make the facility a healthy place.
- Assure that children brush their teeth once during the day to prevent cavities.

Required signatures:

Parent's Signature Date

Director's Signature Date

Site Supervisor's Signature Date

Please record your child care facility information and indicate type of program:

Facility/Program Name # of children served Contact Name

Facility/Program Address or P.O. Box Phone

City State Zip Code E-mail

CHOOSE ONE: **Family Child Care** **Child Care Center**

To renew your Wellness Champion certification mail the signed completed checklist with a \$50 check payable to:

YMCA CHILDCARE RESOURCE SERVICE
ATTN: FIELD SERVICES
3333 Camino del Rio South, #400, San Diego, CA 92108

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