



COMMUNITY CHILD CARE COUNCIL (4C's) of ALAMEDA COUNTY

CHILD CARE OBESITY PREVENTION POLICIES



Child care, where many children receive a substantial portion of their daily nutrition, provides exactly the right setting for effective nutrition, feeding and physical activity policy. In California, almost 2 million children regularly spend time in child care facilities.

Child care programs adopt written policies and practices that support obesity prevention in the areas of child feeding, food service and physical activity.

Child care programs provide consistent messaging related to nutrition and physical activity to staff and families.



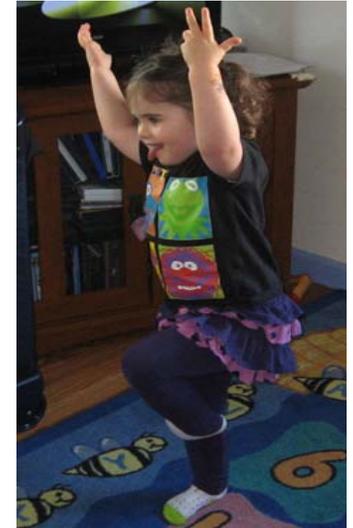
Water is offered throughout the day with 1% milk for children aged two and older and whole milk for children less than two years of age.



Meals are served family style where children are encouraged to serve themselves with age-appropriate utensils to promote self regulation. Children are not forced to eat. Parents are provided guidelines on what foods should be brought from home.



A variety of fresh fruits and vegetables and whole grains are offered daily. Nutrition education is incorporated into the weekly curriculum. Children participate in the preparation of meals and snacks.



Daily opportunities for free play and adult-led movement activities are provided to the children, outdoors and indoors. Media use is used for educational purposes.

TESTIMONIALS

- "We are eating more fruits and vegetables that the children have chose themselves from the farmers market."
- "I am serving 2 whole grains each day now."
- "I can see the children's endurance is getting better and better. Also, they are getting more limber through yoga."
- "We wrote to President Obama about the 4C's project and even received a letter back!"
- "The children are excited at mealtime and not resisting because they get to serve themselves."

METHODS

Assess current policies and practices using a Self-Assessment Questionnaire. Prioritize and identify which feeding, food service and physical activity policies to adopt and create an action plan. Assess what changes in the child care environment need to be made for the new policies to be adopted; write policies. Provide resources, training and demonstrations. Evaluate progress with observations, post assessment and surveys with staff and parents.