

Our Wellness Policy

To achieve these goals, workbook-admin has adopted the following policies:

Nutrition

- Children are allowed to pace their own eating, are not rushed to eat and are provided enough time to eat.
- Families are asked to report any possible food allergy or food intolerance their child may have.
- Providers serve a variety of grains daily and make sure at least half of grains served are whole grains.
- Foods high in saturated and trans fat, sugar and sodium, especially from refined grains, are served less than one time per week or are not served.
- Breastfeeding is promoted and encouraged among mothers of infants, including staff, for the first six months to best meet the nutritional needs of infants.
- Early childhood programs encourage, provide arrangements for and support breastfeeding.
- Early childhood providers participate in professional development activities two or more times per year in order to effectively teach children about nutrition.
- Providers serve nutritious meat and meat alternates that contain less saturated and trans fat and sodium than processed meats like bologna, hot dogs, sausage and bacon.
- Meats are prepared by grilling, broiling, poaching or roasting. Fried and baked pre-fried meats like chicken nuggets and fish sticks are provided less than once per month.
- All meals and snacks for children include a variety of fruits and vegetables, especially deeply colored ones.
- Providers gently encourage children to try fruits and vegetables.
- Providers gently offer children unfamiliar foods, knowing that a child may need to sample a new food 10 or more times before learning to like it.

Screen Time

- Screen time is not used as a reward.

Our Wellness Policy was created with the Wellness Workbook for Early Care and Education developed by



Learn more at: <https://workbook.healthykidshealthyfuture.org>