



Small Steps for Policy Change

The following are suggestions on how to begin making healthy changes at your center:

❖ Beverage Policy

- Make water readily available – place water pitchers with cups in each 2-5 year old classroom
- Be a Role Model – staff can carry a water bottle and drink water in front of the children

❖ Snack Policy

- Speak with your caterer (or cooks) about healthier food options
- Incorporate nutrition lessons into regular activities. Example: use the five food groups to teach colors
- Be a Role Model – staff could model healthy eating by eating fruits and vegetables in front of children

❖ Physical Activity Policy

- Incorporate a physical activity lesson or structured play into another lesson plan per week. Example: have children stand up and do jumping jacks while counting (learning their numbers)
- Be a Role Model – teachers and staff could participate in active play with the children on the playground

❖ Screen Time Policy

- Promote “TV Turn OFF Week” – select a time to prohibit non-educational screen time at the center to lower the children’s exposure to screen time
- Be a Role Model – teachers and staff can promote limiting screen time activities with children by suggesting and role modeling other fun activities: reading a story, playing football or soccer, painting, dancing, etc.