

# Let's Go! Sample Policy Language for Out-of-School Programs

These policy language samples were developed to be template language that include the Let's Go! strategies and help create and support a healthy environment. Please feel free to further customize these policy sections to meet the needs of your program and insert them into your existing program policy handbook.

## **Nutrition (food & drinks)** *For programs that PROVIDE snacks & meals*

### **Food and drinks provided by our program**

- Food prepared will be properly planned, prepared and portioned according to the USDA Child and Adult Care Food Program (CACFP) At Risk Afterschool Program and all state requirements for food service.
- Each child will be given a lunch and snacks that includes a fruit and/or vegetable.
- Beverages served will only include milk and water.
  - We do not serve juice or other sugary beverages.
  - Water will be available to the children at all times (indoors and outdoors).
- We request that you do not bring food or drinks into our program, unless authorized by a medical provider.
- We require that parents/caregivers provide documentation of any food allergies or special accommodations related to a child's ability to eat and/or meet nutrition requirements.
- For non-medical diets, such as vegetarianism, our program requires parents to provide written instructions on food choices, including both foods that can be eaten and those to avoid or eliminate. We may ask that parents provide supplemental food to accommodate these requests.

### **Our program supports your child's healthy food choices by:**

- Providing children adequate time to eat meals and snacks and to hydrate.
- Observing and supporting children's eating habits including honoring hunger and fullness cues.
- Role-modeling positive behaviors by eating and drinking the same foods and beverages as children, unless there is a medical and/or health condition that requires otherwise.
- Not forcing or bribing children to eat and drink.
- Not using food and/or beverages as a reward or a punishment.

### **Celebrations**

We encourage an enhanced understanding of, and respect for different cultures and beliefs of children, families, staff, and community.

Your child's birthday is very special, but since we care for many children, some with food allergies, our program will supply the snack to ensure everyone can eat. Please do not send in food on your child's birthday. We do not allow food brought into the program. Once a month we have a birthday snack to celebrate all the children who have a birthday that month. Our snack will be a special snack, but not an unhealthy one. Celebrations/holidays will also focus on non-food activities such as scavenger hunts, an arts and craft projects, etc.

## **Nutrition (food & drinks)** *For programs that DO NOT provide food*

### **Food and drinks provided by families:**

- Families are responsible for providing necessary snack(s) and/or meal(s) for each child daily.
- We encourage families to limit unhealthy food and provide healthy choices for meals and snacks.
- We encourage families to not send in sugary drinks for meals or snacks. Water will be provided to all children during meals and snacks.

### **Our program support your child's healthy food choices by:**

- Providing children adequate time to eat meals and snacks and to hydrate.
- Observing and supporting children's eating habits including honoring hunger and fullness cues.
- Role-modeling positive behaviors by eating and drinking with children, unless there is a medical and/or health condition that requires otherwise.
- Not forcing or bribing children to eat and drink.
- Not using food and/or beverages as a reward or a punishment.

### **Celebrations**

We encourage an enhanced understanding of, and respect for different cultures and beliefs of children, families, staff, and community.

Your child's birthday is very special, but since we care for many children, some with food allergies, our program asks that you please do not send in food on your child's birthday. Celebrations/holidays will instead focus on non-food activities such as scavenger hunts, arts and craft projects, etc.

### **Screen Time**

Our program understands that TV and other electronic media can get in the way of exploring, playing, and interacting with others, which encourages learning, healthy physical and social development.

- We limit recreational screen time. Our normal daily routine does not include electronic media (television/TV, video, DVD) viewing or computer/tablet use.

### **Physical Activity**

Our program understands that physical activity is important for healthy growth and development.

- Children will receive at least 10 minutes of physical activity time for every hour of program time.

- Physical activity time will include a variety of structured, unstructured, indoor and outdoor activities.
- Our program will never use or withhold physical activity time a means of punishment.
- We will have at least one staff member join the children in activities daily.