



# Wellness Policy

## Nutrition & Physical Activity Education

We provide age appropriate, curriculum based nutrition and physical activity education at least 3 times per year. Children are taught about healthy foods, and the pleasure of eating during informal opportunities at least once per day.

Our staff receives professional development on nutrition for children and physical activity for children at least twice every year.

All staff is encouraged to lead healthy lifestyles.

Education on healthy lifestyles is offered to parents many times throughout the year.

Parents will receive copies of the center wellness policy upon enrollment.

## Food & Beverage Practices & Behaviors

Children with special dietary needs are considered when preparing, handling, and serving food. Cultural and religious aspects of food are discussed thoroughly with families to avoid conflict and confusion.

During toddler and preschool mealtimes, teachers sit with children, model appropriate conversations and help children to recognize hunger/fullness cues. Children are encouraged to serve themselves and are allowed to pace their own eating. Meal time is relaxed and calm.

Only water and 1% milk is served to children.

Safe, fresh drinking water is available and easy to find for children to serve themselves at all times. Teachers offer water to children and model drinking water throughout the day.

Parents are encouraged to provide healthy meals and snacks for their children. Written instructions are provided to families to guide selection of foods brought from home.

## Physical Activity & Screen Time

For toddlers: At least 60–90 minutes of active playtime are provided each day.

For preschoolers: At least 120 minutes of active playtime are provided each day.

Teachers lead and participate in active play, such as games and activities, during indoor and outdoor time set aside for physical activity.

Indoor and outdoor play areas meet or exceed recommended safety standards for large-muscle activities. These include running, jumping, climbing, marching, dancing, hopping, kicking, and skipping.

Physical education, physical activity, and/or active play are not withheld as punishment for a child's misbehavior.

Families are provided with weekly opportunities for their children to participate in extra physical activity with programs such as the TumbleBus.

Physical education, physical activity, and/or active play are not withheld as punishment for a child's misbehavior.

Children are not provided with any screen time during their time at MunchkinLand.

### Other Activities

The center director, along with a Wellness Advisory Council, will conduct a regular yearly review of the wellness policy to determine what, if any, changes are needed.

