



Nutrition and Physical Activity Self-Assessment for Child Care




FOODS OFFERED OUTSIDE OF REGULAR MEALS AND SNACKS

Here's Why...

A child care facility should be a fun and healthy place for kids, their families, and staff. Meals and snacks aren't the only times to think about healthy foods. Birthdays and celebrations can include many healthy treats and help kids appreciate and learn about other cultures.

Another time to think about healthy options is fundraising. Be creative and look for ways to raise money for your facility without selling sweets. Everyone will benefit from healthy choices and it sends a message to families that good nutrition is important at your facility.

Choices You Make for Your Facility

-  Work with your staff to create a nutrition plan. Include ideas for healthy celebrations as well as good fundraising options. Make this your facility's policy on celebrations and fundraisers, and share it with families.
-  Often fundraising is necessary to help support child care facilities. Try selling healthier alternatives like fruit and nuts, or non-foods like wrapping paper and coupon books.
-  If you have a vending machine in your facility, ask the vending supplier to provide healthier options like 100% juice, water, dried fruit, and nuts. If you don't have a vending machine in your facility, way to go!

Checklist

- We have written guidelines for holidays and celebrations that encourage healthier options.
- We provide healthy foods or non-food treats at birthdays and other celebrations.
- We sell healthy foods or non-foods like wrapping paper and coupon books for fundraisers.





Getting Support From the Parents

- 🍓 Share your facility's nutrition policy with parents.
- 🍓 Ask parents to help decide on healthy alternatives for fundraisers.
- 🍓 Share recipes for healthier treats for parties and celebrations with parents.
- 🍓 Ask parents to provide games for celebrations instead of food.
- 🍓 Encourage parents to celebrate their child's birthday with a favorite food other than cupcakes or cake. Maybe their child loves fruit salad or macaroni and cheese and would be happy to share that instead.
- 🍓 Celebrate birthdays with party hats and balloons instead of food!

Getting the Kids on Board

- 🍓 Make parties and celebrations healthy and fun by letting the kids help prepare healthy treats.
- 🍓 For a celebration, fill a piñata with toys, toothbrushes, granola bars, and other fun and healthy items.
- 🍓 For celebrations, incorporate favorite group games as a treat instead of food.

For more information, please visit:

http://www.mdpta.org/documents/Healthy_Celebrations.pdf

