

# Philadelphia Nutrition Standards for Early Care and Education

Prepared by Philadelphia Department of Public Health, Division of Chronic Disease Prevention  
July 2017



## Table of Contents

Introduction to the Philadelphia Nutrition Standards .....	3
Nutrition Standards for Early Care and Education Facilities.....	5
□ Priority Areas .....	6
Nutrition Standards for Early Care and Education Facilities (Birth through 5 Years Old).....	8
□ Infant Feeding Standards .....	8
□ Meal Standards .....	9
o Section 1: Purchased Foods .....	9
o Section 2: Meals and Snacks Served .....	12
o Meals – Nutrient Standards .....	13
o Snack Standards.....	13
Breastfeeding Standards .....	16
Families: Nutrition Standards for Foods Brought into an Early Care and Education Facility.....	17
Healthy Snack Ideas for 2 – 5 Year Olds .....	18
Physical Activity and Screen Time Guidelines .....	19

## Philadelphia Nutrition Standards

The City of Philadelphia adopted comprehensive nutrition standards via Executive Order in 2014. These standards provide guidance for all meals purchased, served, sold, or prepared through City-funded programming. Given the importance of early childhood and the City's recent investments in this population, the Philadelphia Department of Public Health (PDPH) has adapted the existing standards to reflect the latest dietary guidance for ages birth through five. To see the Executive Order and full standards visit [www.phila.gov/nutritionstandards](http://www.phila.gov/nutritionstandards).

### Why nutrition standards?

Among the ten largest cities, Philadelphia has some of the highest rates of poverty and related chronic diseases, including hypertension, type 2 diabetes, and heart disease. At the same time, research clearly indicates that improving dietary intake and ensuring ongoing access to nourishing foods can lower chronic disease risk. For example, research has shown that lowering excessive sodium intake from the average 3400mg/day to the recommended level of less than 2300mg/day can lower high blood pressure, and the risk for heart disease and stroke.

**The more than 20 million meals served every year by City agencies and city-funded programs are an opportunity to help Philadelphians improve their diets and their health.** While many agencies have existing nutrition recommendations, they can be inconsistent across programs, or not reflective of the latest dietary guidance. Comprehensive nutrition standards reflect the shared values of all agencies and staff that food provided or funded by the City is healthy, appealing, and locally-grown when possible. By implementing these standards the City of Philadelphia will:

- improve the health of Philadelphians, including nutritionally vulnerable populations such as children and seniors;
- reduce the economic burden of health care costs associated with heart disease, stroke, and heart and kidney failure; and
- serve as a model for other large institutions, employers, and programs.

The nutrition standards are based on 1) the 2015-2020 USDA Dietary Guidelines for Americans, 2) food standards adopted by the federal government and other local governments and 3) review and feedback from City Agencies. As the Dietary Guidelines and other public health information are updated, PDPH will make periodic revisions to the standards to ensure they align with the latest dietary guidance.

**Who do the standards impact?**

All agencies that purchase, serve, sell, or otherwise provide food to clients, patients, employees and the general public will integrate these standards into their foodservice programs. This includes contracted vendors.<sup>1</sup> Where possible, agencies are encouraged to incorporate non-mandatory best practices for healthy meetings, sustainability and non-vending concessions. Some examples of affected agencies include:

- correctional facilities
- youth detention centers
- city-funded afterschool and summer programming
- shelters
- health care facilities
- vending machines on City-owned or leased property
- early care and education facilities funded through the Mayor's Office of Education Universal Pre-K Program

---

<sup>1</sup> The nutrition standards shall not apply if conformance will result in the loss of state or federal government funding.

## **Nutrition Standards for Early Care and Education Facilities**

**Based on Science:** The City's existing Nutrition Standards (adopted via Executive Order in 2014) have been adapted to reflect best available science for early care and education facilities in regards to nutrition and breastfeeding. Currently, one in three children born in 2000 is expected to develop diabetes by 2050. For African American and Latino children, that figure is one out of two. But we can protect our children by making sure they develop healthy food preferences and stay active. Childcare providers play an important role in shaping our children's future and helping them develop healthy habits. These nutrition standards are required for all City-funded programs, including PHLPReK. They provide guidance on what foods to purchase and serve and how to support breastfeeding mothers.

**Balancing Nutrition and Health:** Given that healthy child development requires regular physical activity and limited screen time in addition to well-balanced nutritious meals and snacks, the Philadelphia Department of Public Health's Division of Chronic Disease Prevention also developed physical activity and screen time guidelines that reflect the best evidence for quality health and safety practices and policies in early care and education settings. While not mandatory, PDPH strongly recommends that early care and education programs work on implementation of these guidelines to provide high quality care.

**Board of Health Resolution:** In addition, these standards are supported by a non-binding resolution passed by the Philadelphia Board of Health in June 2017, which provides recommendations for nutrition and screen time in all early childcare settings. Key components of the recommendation include: no sweetened drinks (including artificially sweetened drinks); no fruit juice (including 100% juice); availability of water throughout the day; limiting screen time for children aged 2 years and older to 30 minutes per week; and no screen time for children under age 2. Currently, the Philadelphia Nutrition Standards do allow 100% juice to be served, but in light of the Resolution it is recommended that providers take steps to phase out the use of 100% juice. While 100% juice does contain some nutrients, the high sugar content increases children's risk of both oral caries and, in the longer run, obesity and type 2 diabetes, which are major health concerns in Philadelphia, particularly for youth of color. For more information about the Board of Health, visit <http://www.phila.gov/health/Commissioner/BoardofHealth.html>

**Implementation:** The City of Philadelphia recognizes that implementing the Nutrition Standards will be a gradual process and identified the standards in the chart below as priority areas for early care and education facilities

**CACFP:** In addition to the priority areas below, PDPH encourages all early care and education programs to participate in the Child and Adult Care Food Program (CACFP) whenever eligible and feasible. CACFP plays a vital role in improving the quality of day care and making it more affordable for many low-income families. The program provides reimbursement to child and adult care institutions and family and group day care homes for the provision of nutritious foods. Even if a child care program is unable to

participate, they are still encouraged to follow the CACFP standards in addition to the Philadelphia Nutrition Standards.

	<b>PDPH Priority Areas</b>
<b>Beverages: Sugary drinks</b>	Sugary drinks such as soda, fruit punch, fruit drink, sweetened tea, and lemonade may not be served in the early care and education center. Drinks with artificial sweeteners such as diet soda or teas may not be served in the early care and education center.
<b>Juice</b>	Juice must be 100% fruit or vegetable juice and is limited to a 4 oz serving one time per day. All juice served must be 100% juice. Serve 100% juice to children only if they are 2 years and older and limit to one 4 oz serving per day.
<b>Water</b>	Do not serve juice to infants or in infant bottles. Ensure clean, safe drinking water is offered and freely available at all times of the day to children. Present water in appealing ways to promote consumption: in pitchers, garnished with fresh fruit or vegetable slices, etc.
<b>Fruits and Vegetables</b>	Minimum of two servings per meal for lunch and dinner; fresh fruits and vegetables are preferred. Serve a wide variety of colored fruits and vegetables, including dark leafy greens, dark orange, or red/purple.
<b>Trans Fat</b>	All products have “0 grams” trans fat <b>and</b> no partially hydrogenated oils in ingredient list.
<b>Breastfeeding</b>	Only breast milk and infant formula may be served to infants 0 through 5 months old. As complementary foods are introduced, breastfeeding is encouraged for 1 year or longer as mutually desired by mother and infant. Encourage breastfeeding and provide a supportive environment for mothers and staff who wish to breastfeed at an early care and education facility. Provide training for staff on proper handling and storage of breast milk. Early care and education staff members responsible for the feeding of infants should have training in “paced bottle feeding <sup>1</sup> ” for breastfed babies.
<b>Physical activity<sup>2,3</sup></b>	Promote and encourage physical activity daily when children are both indoors and outdoors. Provide 90 minutes per day of physical activity, including at least 60 minutes of moderate to vigorous physical activity. Infants should be given supervised “tummy time <sup>4</sup> ” daily. All children should be offered outdoor play time (weather permitting). For infants and non-mobile children, outdoor activity should include opportunities to move outside

	without the restrictions of strollers or walkers.
<b>Screen Time</b> <sup>2,5</sup>	No screen time for children under age 2. Limit screen time to 30 minutes or less per day of educational programming for children ages 2 and older.

<sup>1</sup>Paced bottle feeding is a technique that allows babies to control the feeding session and eat at their own pace. Find more information about paced bottle feeding at <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Age-Specific-Content/Pages/Infant-Food-and-Feeding.aspx>.

<sup>2</sup>The physical activity and screen time priority areas are not required as part of the Nutrition Standards, but it is recommended that early care and education facilities work towards implementation of these guidelines.

<sup>3</sup>Physical activity is any body movement that works muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga and gardening are a few examples of physical activity. Moderate physical activity makes your heart, lungs and muscles work harder than light activity and results in noticeable increases in breathing and heart rate. Vigorous physical activity makes your body work even harder. For vigorous activity, you can only say a few words without stopping to catch your breath.

<sup>4</sup>Tummy time is placing a baby on his or her stomach while awake and supervised. It can help babies develop strong head, neck and shoulder muscles and promote certain motor skills. **Infants should never be placed on their stomachs to sleep or when not directly supervised by an adult.**

<sup>5</sup>Screen time is time spent in front of a screen such as a computer, television, white board, Ipad, phone, etc.

## General Nutrition Standards for Early Care and Education Facilities- Birth to 5 years old

### Infant (12 months and under) Feeding Standards

	PDPH Required Standards
<b>Juice</b>	Infants under 12 months of age may not be served juice. Do not serve juice in infant bottles.
<b>Solid Foods</b>	Introduce gradually around 6 months of age, as developmentally appropriate.
<b>Fruits/Vegetables</b>	Serve a fruit or vegetable, or both, as a snack for infants 6 through 11 months old.
<b>Cheese</b>	No processed cheese product or cheese spread may be served. Only real cheese may be served.
<b>Breastfeeding</b>	Only breastmilk and infant formula may be served to infants 0 through 5 months old. As complementary foods are introduced, breastfeeding is encouraged for 1 year or longer as mutually desired by mother and infant.
	Encourage breastfeeding and provide a supportive environment for mothers who wish to breastfeed at an early care and education facility. Provide training for staff on proper handling and storage of breast milk. Early care and education staff members responsible for the feeding of infants should have training in “paced bottle feeding” for breastfed babies.



## Meal Standards<sup>1</sup> (Birth to 5 years old)

### Section 1: Purchased Foods

These standards require that foods purchased for preparation on site meet nutrient criteria and ensure that healthier foods are a regular part of meals provided by early care and education centers. These guidelines apply to the purchase of any single product, and can be incorporated into product specifications in bids and contracts.

Nutrient and Food Product	PDPH Required Standards
<b>Trans Fat</b>	All products have "0 grams" trans fat <b>and</b> no partially hydrogenated oils in ingredient list.
<b>Sodium</b>	All products have ≤ 480 mg sodium per serving, unless otherwise noted. All baby/toddler food products (i.e. Gerber) have ≤ 290 mg sodium per serving. For programs serving majority (51%) adults over 50 years old, all products have ≤ 360 mg sodium per serving.
<b>Deep Frying</b>	No purchase of food products that are prepared by deep frying; this includes breaded, pre-fried products.
<b>Beverages</b>	No beverages with added sweeteners, natural or artificial, such as soda, fruit drink, fruit punch, sweetened teas, lemonade, and diet or low calorie sodas and teas. All juice is 100% fruit or vegetable juice; single-use containers like juice cups or boxes are limited to 4 oz. Vegetable juice contains ≤ 230 mg sodium per serving
<b>Dairy</b>	All milk is 1% or non-fat, except children <2 years should be served whole milk. All milk is unsweetened and unflavored. <sup>2</sup> All yogurt is non-fat or low-fat. Plain or flavored yogurt contains ≤ 27g sugar per 8 oz, ≤ 20 g sugar per 6 oz or ≤ 13g per 4 oz . Any processed cheese food product contains ≤ 230 mg sodium per serving
<b>Bread, pasta, and other grains and starches</b>	All sliced sandwich bread contains ≤ 180 mg sodium per serving, is whole wheat/whole grain rich <sup>3</sup> , and contains ≥ 2 g fiber per serving All flour tortillas and wraps are whole wheat/whole grain rich <sup>3</sup> , and contain ≥ 2 g fiber per serving All other grains/starches (buns, hoagie rolls, dinner rolls, muffins, bagels, tortillas, waffles, etc.) contain ≤ 290 mg sodium per serving.
<b>Cereal, hot or cold</b>	All cereal has ≤ 215 mg sodium per serving, ≤ 6 g sugar per serving, ≥ 2 g fiber per serving <sup>4</sup>

<b>Vegetables</b>	All canned/frozen vegetables and canned beans have ≤ 290 mg sodium per serving (including baby/toddler food products).
<b>Fruit</b>	All canned and frozen fruit is packed in unsweetened juice or water (no syrup) with no added sugar (including baby/toddler food products).
<b>Seafood, canned and frozen</b>	All canned/frozen seafood (e.g., tuna) has ≤ 290 mg sodium per serving
<b>Beef and Pork</b>	All beef and pork must be lean (contain ≤ 10% fat)
<b>Poultry</b>	Canned/frozen poultry contain ≤ 290 mg sodium per serving All ground poultry must be lean (contain ≤ 10% fat)
<b>Luncheon/deli meats</b>	All luncheon/deli meats contain ≤ 480 mg sodium per 2oz serving
<b>Soups/gravies</b>	All soups/gravies contain ≤ 480 mg sodium
<b>Nuts/seeds/nut butters</b>	All nuts, seeds, nut/seed butters contain ≤ 230 mg sodium per serving All nut/seed butters contain ≤ 4 g sugar per serving
<b>Condiments and sauces</b>	Salad dressings contain ≤ 290 mg sodium per serving  Condiments/sauces contain ≤ 480 mg sodium per serving, with the exception of soy sauce. Due to limited market availability of soy sauce to meet this criterion, use reduced sodium soy sauce instead.
<b>Desserts- grain and non-grain based</b>	Desserts (cookies, cakes, brownies, ice cream, water ice, etc.) should not be purchased on a regular basis. If purchased occasionally, limit desserts to ≤ 200 calories per serving and ≤ 18g sugar per serving
<b>Snacks</b>	Snacks must meet <b>all</b> following criteria: ≤ 250 calories per serving or package, excluding nuts and seeds ≤ 7 g total fat per serving, excluding snacks containing only nuts and/or seeds 0 g trans fat per serving ≤ 1 g saturated fat per serving ≤ 230 mg sodium per serving ≤ 18 g of sugar per serving, except snacks containing only fresh fruit or vegetables, dried fruits or vegetables, or packaged fruit packed in its own juice or water The snack is not gum, candy or non-baked chips <sup>5</sup>

**Notes for Purchased Foods**

1. The Nutrition Standards shall not apply if conformance will result in the loss of state or federal government funding.
2. For departments serving a majority of children age 6 – 18, flavored fat-free milk and flavored fluid milk substitutes can be served, if ≤ 22grams of sugar per 8 ounce serving. Recommend phasing out over time.
3. Definition of whole wheat/whole grain rich- be at least 50% whole grain and have one of the following 1) ≥ 8 g whole grains per serving or 2) whole wheat or whole grain is listed as the first ingredient.

4. Cereals that contain dried cranberries, dates, and/or raisins are exempt from the sugar standard due to the limited availability of this product type that meets the sugar standard. Cereals must still meet fiber and sodium standards. Recommend phasing out these high sugar cereals over time.
5. Chips prepared by frying that meet specific ingredient criteria in addition to the snack criteria may be allowable dependent on PDPH product review.

<b>Operator</b>	<b>Meaning</b>
=	Has a value of
<	Less than
>	Greater than
<=	Less than or equal to
>=	Greater than or equal to
< >	Not equal to

## Section 2: Meals and Snacks Served

The meal and snack standards ensure that all meals and snacks served are healthy and well-balanced.

<b>PDPH Required Standards</b>	
<b>Fruits and Vegetables</b>	<p>Minimum of two servings per meal for lunch and dinner. Fresh fruits and vegetables are preferred. Serve a variety of fruits and vegetables (i.e. dark leafy greens, dark orange, or red/purple).</p> <p>For centers serving three meals per day, minimum of five servings of fruits and vegetables a day.</p>
<b>Whole grains</b>	Serve at least one whole grain-rich food per day. <sup>1</sup>
<b>Water</b>	Water is available and offered at all meals (in addition to or in place of other beverages regularly served). Promote water consumption. Present water in an appealing way.
<b>Juice</b>	<p>Juice must be 100% fruit or vegetable juice, limited to ≤ 4 oz per serving. Serve juice no more than one time per day. Juice may only be served to children 2 years and older. Juice may not be served to infants or in infant bottles.</p>
<b>Luncheon/deli meats</b>	Serve luncheon/deli meats no more than two times per week.
<b>Vegetarian entrees</b>	Serve at least one vegetarian or bean-based entrée for lunch and dinner per week.
<b>Desserts- grain and non-grain based</b>	Desserts (cookies, cakes, brownies, ice cream, water ice, etc.) should not be served on a regular basis. If served occasionally, limit desserts to ≤ 200 calories per serving and ≤ 18g sugar per serving. (Please see Section “Families: Nutrition Guidelines for Foods Brought In to the Center”.)
<b>Food preparation</b>	Deep fryers must be eliminated. No deep frying may be used to prepare foods.
<b>Food Presentation and Marketing</b>	Any promotional signage should encourage the selection of healthy offerings at the point of choice.

### Notes for Meals- Food Standards

<sup>1</sup>Definition of whole wheat/whole grain rich- be at least 50% whole grain and have one of the following 1) ≥ 8 g whole grains per serving or 2) whole wheat or whole grain is listed as the first ingredient.

### Meals- Nutrient Standards for Full Day

Required	Daily Amount
<b>Sodium<sup>12</sup></b>	
<i>children 1-3 years</i>	$\leq 1,500$ mg
<i>children 4-8 years</i>	$\leq 1,900$ mg
<b>Saturated Fat</b>	< 10% of calories
<b>Trans Fat</b>	0 grams trans fat from artificial sources
<b>Added sugars</b>	< 10% of calories
<b>Fiber</b>	
<i>children 1-3 years</i>	$\geq 19$ grams
<i>children 4-18 years</i>	$\geq 25$ grams

### Snack Standards

*These snack guidelines are in compliance with the snack requirements of the USDA's Child & Adult Care Food Program (CACFP) for children 1-5 years old. Fresh fruit, vegetables, and cheese should be cut in appropriate small pieces for child consumption.*

<b>Required</b>	All items must be 0 g trans fat.
	Water, preferably tap water, is available and offered at all snack times, in addition to other beverages regularly served.
<b>Categories</b> <i>(choose at least two items, each from a different category)</i>	
<b>CATEGORY 1: Dairy Beverages</b>	<b>Required</b> Serving size is ½ cup (4oz).
	Milk must be 1% or non-fat and unflavored. <sup>34</sup>
	Fluid milk substitute (e.g., soymilk) must be $\leq 100$ calories per serving.

<p><b>CATEGORY 2:</b>  <b>Fruit or juice</b>  <b>Acceptable choices include but are not limited to: fresh fruit, dried fruit with no added sugar, applesauce with no added sugar, canned fruit in its own juice or water</b></p>	<p>Serving is ½ cup.  <u>Juice is 100% juice and portion size limited to ≤ 4 oz. per serving.</u>  Serve juice no more than one time per day.  Fresh fruit is preferred.</p>
<p><b>CATEGORY 3:</b>  <b>Vegetable</b>  <b>Acceptable choices include but are not limited to: carrot sticks, celery sticks, pepper slices, salads</b></p>	<p>Serving size is ½ cup.  Fresh vegetables are preferred.</p>
<p><b>CATEGORY 4:</b>  <b>Bread or grain</b>  <b>Acceptable choices include but are not limited to: whole wheat pita, whole grain cereal and crackers, whole grain bread, plain popcorn</b></p>	<p>Serving size is 1 oz equivalent (1/4 cup or ½ slice).  Sodium is ≤ 180 mg per serving for sliced sandwich bread, and is ≤ 230 mg for crackers, chips, salty snacks.  Fiber ≥ 2 g per serving.  Grain or bread products should have ≤ 18 g sugar per serving and cannot be: doughnuts, pastries, croissants, cake, etc.</p>
<p><b>CATEGORY 5:</b>  <b>Protein (meat or meat alternative)</b>  <b>Acceptable choices include but are not limited to: hummus, bean dip, cottage cheese, low-fat cheese, hard boiled eggs, low or nonfat yogurt, low sodium tuna, nuts, nut butters, sunflower seeds</b></p>	<p>Serving size is ½ oz cheese; 1/8 cup beans; 2 oz or ¼ cup yogurt; 1 Tbsp nut butter; ½ oz meat.</p>
<p><b>Other Snack Considerations</b></p>	<p><b>Required</b></p>
<p><b>Condiments</b></p>	<p>Salad dressings or dips contain ≤ 290 mg sodium per serving.</p>

Examples of acceptable snack choices (sliced or chopped for safe consumption ) children age 2-5 years, served with water:

- Sliced apples with mini rice cakes
- Tangerine and whole grain crackers
- Half of a tuna sandwich: tuna on one slice of whole wheat bread with lettuce and tomato
- Cheese slices or cubes, whole wheat pita triangles and sliced pears
- Milk and whole grain cereal, with fresh berries
- Yogurt topped with blueberries and mini rice cakes

---

**Notes for Meals- Nutrient Standards and Snacks Served**

1. Agencies should aim to reduce sodium by 5-10% each year until the standard is met.
2. For calorie, sodium and other nutrient recommendations for children, see the 2015-2020 USDA Dietary Guidelines for Americans, [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).
3. Children 12 months to <2 years old should be served unflavored whole milk. Children 2-5 years old should be served unflavored skim/non-fat or 1% milk.
4. Children 6-18 years can be served flavored fat-free milk or fluid milk substitutes, if  $\leq$  22grams of sugar per 8 oz serving.

<b>Operator</b>	<b>Meaning</b>
=	Has a value of
<	Less than
>	Greater than
<=	Less than or equal to
>=	Greater than or equal to
< >	Not equal to

## Breastfeeding Guidelines

Age	Breastfeeding Guideline
0 to 5 months	Only breast milk and infant formula may be served to infants 0 through 5 months old.
5 months and above	As complementary foods are introduced, breastfeeding is encouraged for 1 year or longer as mutually desired by mother and infant.
For mothers and staff	Encourage breastfeeding and provide a supportive environment for mothers who wish to breastfeed at an early care and education facility. Provide training for staff on proper handling and storage of breast milk. Early care and education staff members responsible for the feeding of infants should have training in “paced bottle feeding <sup>1</sup> ” for breastfed babies.

<sup>1</sup>Paced bottle feeding is a technique that allows baby to control the feeding session and eat at their own pace.



## Families: Nutrition Guidelines for Foods Brought into the Center

Early care and education providers work to provide children with well-balanced and nutritious meals and snacks at the center. If families are interested in sending food or drinks to the center, either for their child or for a celebration at the center, please make every effort to send healthy items, such as those in the Green (Always) column.

	Green (Always)	Yellow (Sometimes)	Red (Never)
<b>Drinks</b>	Water Plain seltzer	100% fruit or vegetable juice <sup>1</sup>	Sugary drinks such as soda, fruit drink, fruit punch, iced tea, lemonade, sports drinks
<b>Dairy</b>	1% or non-fat (skim) milk Cheese (not processed) Low fat yogurt ( $\leq$ 20 g sugar per 6 oz)	2% or whole milk <sup>2</sup> Regular flavored yogurt	
<b>Fruits</b>	Any fresh fruit	Canned fruit in 100% juice or water, applesauce or dried fruit (with no added sugar)	Fruit snacks and fruit roll-ups with added sugars, canned fruit in light or heavy syrup, fruit syrup
<b>Vegetables</b>	Any cooked/raw vegetables	Tomato juice or sauce	Deep fried vegetables like french fries

<b>Protein</b>	Beans, tuna (in water), nuts and seeds (no salt or lightly salted), nut or seed butters (with no added sugar or salt), tofu, cooked eggs, baked chicken and turkey	Less processed meats like sliced turkey or roast beef	High fat/high sodium processed meats (salami, bologna, hot dogs), bacon, fried chicken/fish sticks or nuggets
<b>Grains/starches</b>	Whole wheat/whole grain bread, pita, pasta, cereal and crackers; oatmeal, brown rice, barley, quinoa	Refined (white) bread and grains, graham crackers, rice cakes, pretzels	Cookies, cakes, donuts, granola bars and cereal bars (with added sugar), toaster pastries, high-sugar cereal

<sup>1</sup>The City of Philadelphia’s Board of Health approved a Resolution on Childhood Obesity Prevention in Early Childhood Care on June 8, 2017, which provides recommendations on nutrition and screen time for early childhood care settings. One of these recommendations states that providers refrain from serving fruit juice or allowing its provision to children in their care, including 100% juice. Currently, the Philadelphia Nutrition Standards allow 100% juice to be served, but in light of the Resolution it is recommended that providers take steps to phase out the use of 100% juice. While 100% juice does contain some nutrients, the high sugar content increases children’s risk of both oral caries and, in the longer run, obesity and type 2 diabetes, which are major health concerns in Philadelphia, particularly for youth of color. For more information about the Board of Health, visit <http://www.phila.gov/health/Commissioner/BoardofHealth.html>

<sup>2</sup>Whole milk is allowed for children under 2 years old.

### Healthy Snack Ideas for 2 to 5 Year Olds

Healthy snacks should include fresh fruits and vegetables, low fat dairy, and whole grains. Serve with water or 1%/skim milk instead of juice or other sweetened drinks.

- Sliced apples with mini rice cakes
- Tangerine and whole grain crackers
- Half of a tuna sandwich: tuna on one slice of whole wheat bread with lettuce and tomato
- Cheese slices or cubes, whole wheat pita triangles and sliced pears
- Milk and whole grain cereal, with fresh berries
- Yogurt topped with blueberries and mini rice cakes
- Hummus and whole wheat pita triangles

Note: Slice or chop food as necessary to prevent choking.

## Physical Activity<sup>1</sup> and Screen Time<sup>2</sup> Guidelines (Infant to 5 years old)

While the Physical Activity and Screen Time Guidelines are not mandatory, PDPH strongly recommends that early care and education programs work on implementation of these guidelines to provide high quality care. These guidelines align with Caring for Our Children, National Health and Safety Performance Standards, and Guidelines for Early Care and Education Programs 3rd Edition, which reflect the best evidence for quality health and safety practices and policies in early care and education settings. They are also informed by Pennsylvania’s Office of Child Development and Early Learning’s Eco-Healthy Early care and education © Improving Nutrition & Promoting Physical Activity, which defines appropriate amounts and types of physical activity and screen time by age group.

Age	Physical Activity Guideline
12 months and under	<p>No screen time.</p> <p>Outside play should include opportunities to move free of infant carrier, car seat, or stroller.</p> <p>Daily physical activity indoors should include “tummy time<sup>3</sup>”.</p> <p>Caregivers/teachers should interact with awake infants on their tummy for short periods of time (3 to 5 minutes), increasing the amount of time as the infant shows s/he enjoys the activity and building to 40 to 60 minutes spread throughout the day.</p> <p>Infants should not be left in high chairs, car seats, strollers, or other restrictive movement equipment for more than cumulative 30 minutes per day.</p>
13 months – 24 months	<p>No screen time.</p> <p>Promote physical activity when indoors.</p> <p>Children should be given opportunity to play outside each day (weather permitting) for at least 60 minutes.</p> <p>Do not allow children to remain sedentary or to sit passively for more than 30 minutes continuously except during scheduled rest or naptime.</p>
25 months – 3 yrs.	<p>Limit screen time to 30 minutes per week.</p> <p>All screen time should be educational programming and/or programming that encourages active physical engagement.</p> <p>Children should be offered at least 60 minutes of outdoor play time each day (weather permitting).</p> <p>Do not allow children to remain sedentary or to sit passively for more than 30 minutes continuously except during scheduled rest or naptime.</p>
36 months and up	<p>Limit screen time to 30 minutes per week.</p> <p>All screen time should be educational programming and/or programming that encourages active physical engagement.</p> <p>Provide 90 minutes per day of physical activity, including at least 60 minutes of moderate to vigorous physical activity.</p> <p>All will be offered outdoor play time daily (weather permitting).</p> <p>Do not allow children to remain sedentary or to sit passively for more than 30 minutes continuously except during scheduled rest or naptime.</p>

<sup>1</sup>Physical activity is any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity. Moderate physical activity makes your heart, lungs and muscles work harder than light activity and results in noticeable increases in breathing and heart rate. Vigorous physical activity makes your body work even harder. For vigorous activity, you can only say a few words without stopping to catch your breath.

<sup>2</sup>Screen time is time spent in front of a screen such as a computer, television, white board, Ipad, phone, etc.

<sup>3</sup>Tummy time is placing a baby on his or her stomach while awake and supervised. It can help babies develop strong head, neck and shoulder muscles and promote certain motor skills. **Infants should never be placed on their stomachs to sleep or when not directly supervised by an adult.**