

# Be Part of the SOLUTION ▶



## You

Eat smart and move more to achieve and maintain a healthy weight. Track your steps or minutes of exercise each day. Include fruits and vegetables at every meal. Learn to recognize hunger and satiety. We are all role models and can be part of the solution.

## Friends and Family

Encourage the families you work with to plan and fix simple healthy meals and make healthy snacks easy to “grab and go”. Suggest they meet a friend for a walk or start a walking group in their neighborhood or work place. Have them explore local parks and playgrounds. Have them find outdoor and indoor recreational activities that are fun for them and their family.

## The Places You Go

Make it easier and safer for people to be physically active, whether at the office, in the neighborhood, or to and from school. Advocate for more walking paths, trails, sidewalks, and greenways. Help make fruits and vegetables accessible to all including mobile markets and farmers markets. When serving meals or snacks, offer water and healthy food options. Make healthy choices possible for your employees, clients, patients, or students.



# Childcare Care for children

Children often spend more waking hours in childcare and preschool than with their families. Ideally, families can choose a childcare facility that provides healthy foods daily, offers a variety of physical activity, includes nutrition education in the curriculum, and supports the development of healthy eating and physical activity habits in all children. Childcare providers and preschool teachers can adopt and implement policies and practices in their classrooms that promote healthy eating, allow for active play, and reduce sedentary time. Childcare facility owners and operators can adopt and monitor facility-wide policies that support healthy environments and behaviors. Legislators and other childcare policy makers pass and enforce legislation to make good nutrition and physical activity the norm in childcare facilities.

**Implement** policies that give preschool-aged children physical activity throughout the day regardless of ability.

**Train** adult caregivers of preschool-aged children to encourage active play that includes a variety of activity types.

**Implement** policies that ensure that the amount of time toddlers and preschoolers spend sitting or standing still is minimized.

**Implement** policies that reduce screen time.

**Complete** the GO NAPSACC Self-Assessments for Infant and Child Physical Activity and Nutrition, Outdoor Play and Learning, Oral Health, Screen Time, and Breastfeeding.

**Implement** policies that limit consumption of sugar-sweetened beverages and promote drinking water.

**Implement** policies that require child care providers and early childhood educators to practice responsive feeding.

**Implement** educational programs tailored to individuals and change organizational practices, approaches, and/or policies to support healthy food choices where food decisions are being made.

**Implement** and maintain breastfeeding-friendly child care initiatives.

- Develop a written policy that promotes and supports breastfeeding, especially exclusive breastfeeding, and share with employees as part of orientation/training, and families as part of enrollment.
- Offer community breastfeeding resources and information about continued breastfeeding in the child care setting.
- Train early educators in skills to promote breastfeeding and support family feeding choices.
- Provide a breastfeeding-friendly environment.
- Provide interactive and developmentally appropriate learning opportunities that normalize breastfeeding for children in the program.

**Achieve** and maintain the North Carolina Breastfeeding-Friendly Child Care Designation.

**Implement** policies and practices that support any or all aspects of Farm to ECE (local foods purchased, promoted and served in meals, snacks or taste tests; education activities related to agriculture, food, health and nutrition; and childcare gardens where children engage in hand-on experiential learning through gardening).