



Nutrition and Physical Activity Standards for First 5 Ventura County Funded Partners

First 5 Ventura County (F5VC) is committed to promoting an environment in which children and their families can be healthy. Our strongest message is often the behavior we model to parents and our partners. Current public health concerns such as obesity, diabetes, cardiovascular disease and oral health are directly affected by nutrition and physical activity practices. Together, F5VC and our funded partners have an opportunity to create healthier environments and convey healthy messages by introducing appropriate nutritional and physical activity options at F5VC funded or sponsored activities and events for which food and/or beverages are provided.

Standards

General principles:

- Be aware of food allergies and other health issues that children may have to certain foods.
- First 5 Ventura County funded programs will not serve sugary foods or drinks, such as candy, cookies, cupcakes or brownies, potato chips and other high fat, high sodium snack foods, juice, soda or other sugar sweetened beverages to children or family.
- Foods and beverages purchased with F5VC funds should be representative of current nutrition standards and served in an appropriate portion size for the age of participants.
- When serving snacks/meals to children and families at F5VC funded partner sites or activities, the following guidelines will be applied:
 - Ensure access to water throughout the day, especially at snack and meal times.
 - Include fruits and vegetables whenever possible.
 - Do not serve juice, soda or sugary/sweetened beverages (punch, Gatorade, energy drinks). *According to the American Academy of Pediatrics (AAP), children from 1-6 years old should have no more than 4-6 ounces of juice per day. Children are at risk of exceeding this daily limit if they have juice at a F5VC activity.*
 - Serve whole grain breads, cereals, pasta, tortillas and crackers, as they are higher in fiber and nutrients.
- Dietary guidelines for milk are:
 - Ages 0-1 = breast milk is recommended:
 - Exclusive breast milk is recommended for six months by the American Academy of Pediatrics (AAP).
 - Breast milk supplementing appropriate solid foods is recommended for at least one year, continuing for as long as mother/child desire.
 - Non-breastfed babies should be given infant formula per their pediatrician's recommendation.
 - Ages 1-2 = whole milk
 - Ages 2 and up = 1% or nonfat milk



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Good Nutrition Best Practices for Funded Partners	
<ul style="list-style-type: none"> ▪ Food is not used as a reward or punishment. ▪ Funded partner staff act as role models by sitting with children and eating the same healthy meals and snacks served. 	<ul style="list-style-type: none"> ▪ Children are encouraged, but not forced to eat. ▪ Nutrition education is available to funded partner staff, parents/caregivers and children.

Suggestions for Food and Beverages	
<ul style="list-style-type: none"> ▪ Bottled water or water hydration stations with accessible cups ▪ Fresh fruit slices or chunks served with low-fat yogurt dip ▪ Raw vegetables with fat free or low-fat dressing or salsa dip ▪ Nuts – 1.5 oz serving (Be aware of potential allergies) ▪ Raisins or trail mix 	<ul style="list-style-type: none"> ▪ Whole grain breads or crackers ▪ Yogurt (low fat, no added sweeteners) ▪ Whole grain veggie pizza with low-fat cheese, cut into small portions ▪ Salads ▪ Cheese (pasteurized, unprocessed, low-fat) ▪ Unsalted pretzels ▪ Frozen fruit treats with 100% whole fruits

Physical Activity & Screen Time Best Practices for Funded Partners	
<ul style="list-style-type: none"> ▪ Physical activity education is incorporated into family support and early education activities. ▪ Children are not seated for periods longer than 30 minutes, except when sleeping or eating. ▪ Funded partner staff act as role models by joining children during periods of planned active play. 	<ul style="list-style-type: none"> ▪ Screen time for ages 0-2: No screen time is included in F5VC programming for children under 2 years as per AAP recommendation. ▪ Screen Time for ages 2-5: Television, video, computer time, gaming and smartphone use is limited to 30 minutes per week of (quality) viewing while the child is at F5VC classes or programs.

Supporting Breastfeeding	
<p>In alignment with the American Academy of Pediatrics (AAP), F5VC encourages mothers to exclusively breastfeed their child for at least the first six months of life and strives to make our community breastfeeding friendly. As a funded partner, you can help by:</p>	
<ul style="list-style-type: none"> ▪ Providing a quiet, comfortable place for moms to nurse/feed their baby or express breast milk. ▪ Offering breastfeeding information and resource guides to expectant families, available at no cost from F5VC. 	<ul style="list-style-type: none"> ▪ Reminding families, when appropriate, of the health benefits of breastfeeding and the availability of local resources. ▪ Remembering that all new parents need support, no matter how they decide to feed their baby.



Talking to Parents and Caregivers about Nutrition and Physical Activity

Recommended Messages that Promote Physical Activity	
<ul style="list-style-type: none"> Strive for 1-2 hours of active play throughout the day (combinations of staff or parent-led activities, free play, and outdoor play). Remember to include appropriate physical activity opportunities for children with special needs. Join your child during active play. Provide a shaded area for outdoor play when possible. Avoid withholding active-play time as punishment for your child. 	<ul style="list-style-type: none"> Encourage your child not to sit for longer than 30 minutes, except when sleeping or eating. Limit screen time as recommended by the American Academy of Pediatrics* Under 2 years of age: No screen time. Over 2 years of age: Maximum of two hours per day of quality screen time. This includes preschool and home viewing combined. <p><i>*Screen time = television, computer, tablet, video games, movies and handheld devices.</i></p>

Recommended Messages that Promote Good Nutrition	
<ul style="list-style-type: none"> Ensure access to water throughout the day, especially at meal times. Serve whole grains, which are higher in fiber and nutrients (whole grain breads, cereals, pasta, tortillas, crackers, etc.). Limit high-sugar/low-fiber products. Limit high-fat and high-sodium foods, such as processed meats and deep fried foods. Instead, serve lean protein (lean cuts of meat, poultry, fish, beans, lentils, tofu, etc.). Use low-fat cooking methods (baking, steaming, microwaving, roasting, boiling, broiling, grilling, etc. Avoid deep-frying). 	<ul style="list-style-type: none"> Serve healthier fats: These include liquid vegetable oils, nuts/nut butters/seeds, avocados, olives, fish. Reduce saturated fats: These come from animal sources, such as red meats, full-fat dairy products (butter, full-fat cheese, whole milk), and lard. Eliminate trans fats (partially hydrogenated oils): These are found in some baked goods, fried foods and processed snack foods. Check labels! Limit juice. If serving juice, it must be 100% juice and limited to 4-6 oz. per day. Do not serve sugary/sweetened beverages such as punch, Kool-Aid, soda, Gatorade or energy drinks.

Recommended Messages that Promote Breastfeeding	
<ul style="list-style-type: none"> Breast milk has antibodies that help protect infants from illness. Breastfed babies have less risk of ear infections, stomach viruses, diarrhea, respiratory infections, asthma, obesity, and childhood leukemia. Premature babies do better when breastfed compared to those who are fed formula. Breastfeeding is linked to a lower risk for type 2 diabetes, breast cancer, and postpartum depression. Moms who breastfeed tend to lose more weight than those who use formula. There are no bottles and nipples to sterilize. 	<ul style="list-style-type: none"> Colostrum, the thick yellow first breast milk that mothers make is known as <i>liquid gold</i> because it is rich in nutrients and antibodies to infection. Breastfeeding may be linked to improved brain development and intelligence. Breastfeeding reduces risk for Sudden Infant Death Syndrome (SIDS). Breastfeeding can save between \$1,160 and \$3,915 per year. <i>All babies—bottle and breastfed—benefit tremendously from being held and cuddled, which helps them grow and feel secure.</i>