



Kentucky can...

Ensure healthy food, active play, and limited screen time for children in licensed child care programs

All children, no matter where they live or receive child care, deserve healthy food and time for active play. Parents support clear and consistent standards in child care programs for food and beverages, active play, and screen time, and providers want to offer an environment that nurtures healthy children.

For kids to grow up healthy and ready to learn, all kids in licensed child care programs must:

- ✓ Be served fruits and vegetables, and water or milk
- ✓ Be physically active for at least one hour each day
- ✓ Keep time spent watching TV or in front of a computer or tablet to under 30 minutes

Kids need healthy food and drinks.

By providing healthy meals and snacks, children get the nutrients their bodies need to grow and minds need to develop. When kids are thirsty, water and milk are the best choices for good physical and oral health.

Child care centers can leverage the Child and Adult Care Food Program to ensure they provide healthy meals and snacks.

Kids need time every day to play and be active.

Active play helps children build and improve motor skills, coordination, balance and control, hand-eye coordination, strength, dexterity, and flexibility—all which are necessary for children to reach developmental milestones.

Kids should not spend too much time in front of a screen.

A child's brain develops rapidly during the early years, and young children learn best by interacting with people rather than screens. Reducing screen time allows for more time to explore, spend time with books, engage in active play, and interact with caregivers and other children.



Blueprint for Kentucky's Children Solution:

Strengthening licensed child care program standards on healthy eating and drinking, active play, and screen time to support children's healthy growth and development