



Kentucky Child Care Centers are Nurturing Healthy Growth and Development

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.

Kids need healthy food and drinks, including:

- Fruits and vegetables
- Whole grain cereals, oatmeal, and brown rice
- Foods low in sugar, such as Cheerios
- Water, unflavored low- or nonfat milk, and 100% fruit juice



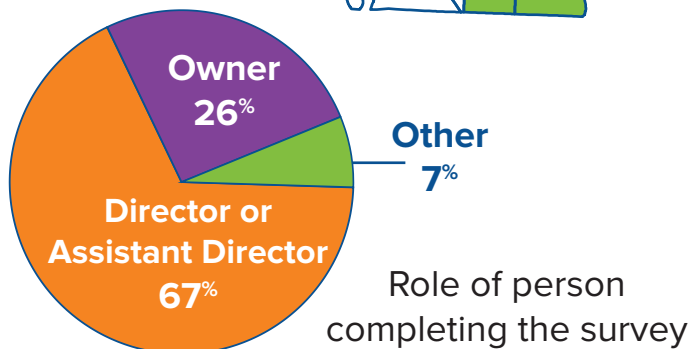
Kids need time every day to be active.

Active play includes:

- Exploring and climbing on the playground
- Indoor play in a gymnasium
- Dancing, sports, and games
- Limiting screen time

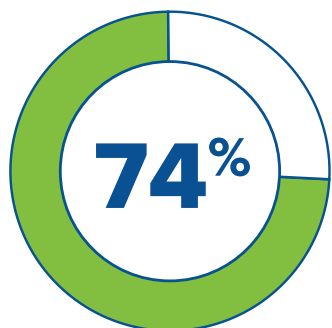


A November 2019 survey indicates that many child care centers across Kentucky are engaging in physical activities, serving healthy drinks, and limiting screen time.

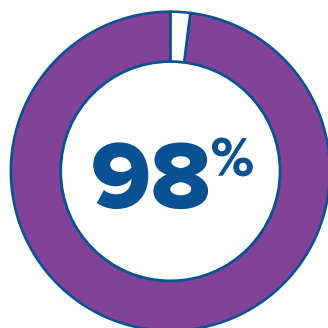


Nearly 400 respondents from 87 counties provided information on their centers, the majority of which participate in the Child Care Assistance Program and the Child and Adult Care Food Program.

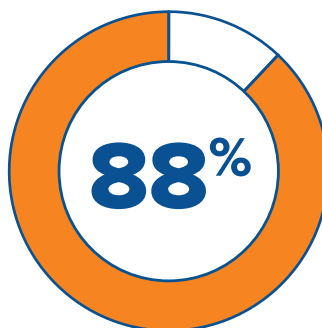
Most of the surveyed centers already meet proposed standards that promote healthy growth and development:



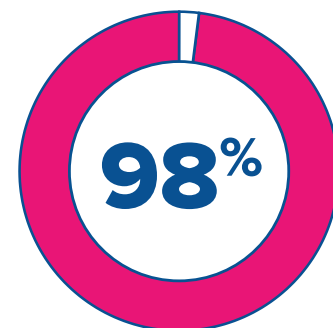
Serve only water, unflavored low/nonfat milk, or 100% juice



Provide active play and physical activity



Prohibit screen time under age 2



Appropriately limit screen time over age 2



Child care centers already support healthy growth and development, and Kentucky can continue this positive momentum.

Through policy change, Kentucky can ensure all kids in licensed child care programs have a healthier start by:

- Aligning nutrition standards for centers that serve food with the meal and snack patterns outlined in the Child and Adult Care Food Program.
- Establishing standards for healthy drinks in child care centers to include water, unflavored low- or nonfat milk, and 100% fruit juice.
- Continuing to limit screen time in child care centers to 30 minutes for half-day programs and one hour for full-day programs. No screen time for children under age 2.
- Promoting active play and moderate to vigorous physical activity. Provide a minimum of one hour per day for full-day programs and 30 minutes per day for half-day programs.