



Healthy Places, Healthy Kids

- Provide all children with at least 30 minutes of moderate to vigorous physical activity every day.
- Offer 20 minutes of vigorous physical activity 3 times per week.
- Do not serve sugary drinks.
- Do not allow sugary drinks to be brought in during program time.
- Offer water as a drink at snack every day.
- Offer a fruit or vegetable option every day at snack.
- When serving grains (like bread, crackers, and cereals), serve whole grains.
- Do not serve foods with trans fat.
- Limit computer and digital device time to homework or instructional only.
- Eliminate use of commercial broadcast and cable TV and movies.

