# NAP SACC Best Practice Recommendations for Child Care Facilities

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<th>Key Area</th>
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<td><strong>Nutrition:</strong></td>
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| N1. Fruits and Vegetables | • Offer fruit (not juice) at least 2x a day.  
• Serve fruit canned in its own juice, fresh, or frozen all of the time.  
• Offer vegetables (not fried) at least 2x a day.  
• Offer vegetables, other than potatoes, corn or green beans 1 or more times per day.  
• Prepare cooked vegetables without added meat fat, margarine or butter. |
| N2. Meats, Fats, and Grains | • Offer fried or pre-fried potatoes less than once a week or never.  
• Offer fried or pre-fried meats or fish less than once a week or never.  
• Offer high-fat meats less than once a week or never.  
• Offer beans or lean meats at least once a day.  
• Offer high fiber, whole grain foods at least 2x a day.  
• Offer sweets or salty foods less than once a week or never. |
| N3. Beverages | • Make drinking water easily visible and available for self-serve both indoors and outdoors.  
• Offer 100% fruit juice 2x a week or less.  
• Offer sugary drinks rarely or never.  
• Serve skim or 1% milk to children over 2 years.  
• Locate soda and other vending machines off-site. |
| N4. Menus and Variety | • Use a cycle menu of 3 weeks or greater that changes with the seasons.  
• Include a combination of new and familiar foods on weekly menus.  
• Include foods from a variety of cultures on weekly menus. |
| N5. Feeding Practices | • Staff should help children determine if they are full before removing their plate.  
• Staff should help children determine if they are still hungry before serving additional food.  
• Staff should gently and positively encourage children to try a new or less favorite food.  
• Do not use food to encourage positive behavior. |
| N6. Foods Offered Outside of Regular Meals and Snacks | • Provide and enforce written guidelines for healthier food brought in and served for holidays and celebrations.  
• Celebrate holidays with mostly healthy foods and non-food treats.  
• Fundraising should consist of selling non-food items only. |
| N7. Supporting Healthy Eating | • Staff should join children at the table for meals and consume the same food and drinks.  
• Always serve meals family style.  
• Staff should rarely or never eat less healthy foods in front of the children.  
• Staff should talk with children about trying and enjoying healthy foods. |
### N8. Nutrition Education
- Provide visible support for healthy eating in 2 to 5 year old classrooms and common areas through use of posters, pictures, and displayed books.
- Provide training opportunities on nutrition (other than food safety and food program guidelines) for staff 2x per year or more.
- Provide nutrition education for children through a standardized curriculum 1x per week or more.
- Offer nutrition education opportunities to parents 2x per year or more.

### N9. Nutrition Policy
- Create a written policy on nutrition and food service that is available and followed. It may include items from the previous 8 nutrition key areas.

### Physical Activity:

#### PA1. Active Play and Inactive Time
- Provide children with at least 120 minutes of active play time each day.
- Provide teacher-led physical activity to children 2 or more times per day.
- Provide outdoor active play time 2 or more times per day.
- Active play time should never be withheld for children who misbehave and additional active play time should be given for good behavior.
- Ensure that children are not seated for periods of more than 30 minutes.
- Rarely or never show television or videos.

#### PA2. Play Environment
- Make a wide variety of fixed play equipment available that accommodate the needs of all children.
- Make a large variety of portable play equipment available for children to use at the same time.
- Make outdoor portable play equipment freely available to all children at all times.
- Outdoor play space should include open, grassy areas and a track/path for wheeled toys.
- Make indoor play space available for all activities, including running.

#### PA3. Supporting Physical Activity
- Encourage children to be active and join children in active play.
- Provide visible support for physical activity in 2 to 5 year old classrooms and common areas through use of posters, pictures, and displayed books.

#### PA4. Physical Activity Education
- Provide training opportunities on physical activity (not including playground safety) for staff 2x per year or more.
- Provide physical activity education for children through a standardized curriculum 1x per week or more.
- Offer physical activity education opportunities to parents 2x per year or more.

#### PA5. Physical Activity Policy
- Create a written policy on physical activity that is available and followed. It may include items from the previous 4 physical activity key areas.