

# LET'S MOVE! Child Care

We have joined First Lady Michelle Obama and other Child Care Providers across the nation in the fight to prevent childhood obesity!

By working towards the following **five goals** we are helping to build an entire generation of healthy kids:



**Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including inside and outside play when possible.



**Screen Time:** No screen time for children under 2 years. Limit of 30 minutes of quality screen time for children 2 and older.



**Food:** Serve fruits or vegetables at every meal, eat meals family-style whenever possible and don't serve fried foods.



**Beverages:** Provide access to water throughout the day and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk and no more than one 4- to 6-ounce serving of 100% juice per day.



**Infant Feeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.