



Healthy + Active
Before 5

Policy Guide: Supporting nutrition & physical activity within COVID-19 operating guidelines

Nutrition

- Continue to provide meals and snacks with fresh fruits, vegetables, whole grains, and lean protein sources
- Use disposable plates and cutlery
- Serve each child individually (avoid shared food or family-style serving)
- Use additional tables, placemats, and/or nametags to maintain space between children while eating
- Move meals and snack times outdoors when possible
- Increase cleaning and disinfecting of all tables, chairs, dishes, etc.
- Make accommodations for breastfeeding parents to be on site when needed
- Make any needed enhancements to on-site breastfeeding spaces to facilitate proper hygiene and physical distancing
- Explore opportunities to enhance families' food security such as pick-up meals, community gardens, and referrals to programs such as CalFresh

Ideas for use of mini-grant funds: additional tables, shade for outdoor seating, placemats, sanitation supplies, Personal Protective Equipment

Physical activity

- Continue to provide adult-led physical activity for at least 60 minutes a day
- Arrange indoor and outdoor furnishings and equipment to maintain 6 feet of separation, where possible
- Create clear boundaries with tape, chalk, or paint for physically distant spaces
- Increase time spent outdoors to maximize ventilation and physical activity
- Train staff on outdoor games and activities that do not require close contact between children
- Increase cleaning and disinfecting of all outdoor play equipment between use by different groups of children
- Take advantage of parks and other outdoor spaces in the community where staff and small groups of children may walk, even if playgrounds are closed
- In cases where distance learning may be implemented, incorporate physical activity breaks and activities regularly

Ideas for use of mini-grant funds: hula hoops, chalk or paint or tape to mark zones and activity stations, floor spots, pool noodles, yoga mats, Personal Protective Equipment

Adapted from California Department of Public Health guidance for Child Care Programs and Providers
<https://files.covid19.ca.gov/pdf/guidance-childcare--en.pdf> Best practices as of July 2020

Further resources:

Healthy Apple Program for nutrition and PA <https://healthyapple.arewehealthy.com/default.aspx>

Child Care Food Program: <https://www.ccfproundtable.org/covid-19-policy-guidance>

4P's (Pledge the Practice, Pass the Policy) mini-grants program: <http://www.hab45.org/>