



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

The Y's Healthy Eating and Physical Activity Standards for Early Childhood and Afterschool Programs

	Early Childhood Program	Afterschool Programs
<i>Program for Parents and Child Care Providers</i>	<ul style="list-style-type: none"> Implement an educational program for parents and childcare providers with physical activity and nutritional information relevant to the health of their children. 	<ul style="list-style-type: none"> Implement an educational program for parents and childcare providers with physical activity and nutritional information relevant to the health of their children.
<i>Physical Activity</i>	<ul style="list-style-type: none"> Provide opportunities for light, moderate, and vigorous physical activity for at least 15 minutes per hour while children are in care. Play will take place daily outdoors whenever possible. <p>For infants:</p> <ul style="list-style-type: none"> Provide daily opportunities for infants to move freely under adult supervision to explore their indoor and outdoor environment and optimize adult-infant interactions. Provide daily "tummy time" (time in the prone position) for infants less than 6 months of age. 	<ul style="list-style-type: none"> Ensure that children engage in at least 60 minutes of physical activity per day (for full-day programs), including a mixture of moderate and vigorous physical activities that promote bone and muscle strengthening. Play will take place daily outdoors whenever possible.
<i>Screen Time</i> (television, cell phone, or digital media)	<ul style="list-style-type: none"> Limit screen time, for preschoolers (ages 2-5) to less than 30 minutes per day for children in half-day program or less than 60 minutes per day for those in full-day programs. No screen time for children under 2 years old. 	<ul style="list-style-type: none"> No access to television or movies. Limit digital device time to less than one hour per day. Digital device use is limited to homework or programs that actively engage children in activity.
<i>Food</i>	<ul style="list-style-type: none"> Serve fruits or vegetables at every meal. Eat meals family-style when possible. No fried foods. 	<ul style="list-style-type: none"> Serve fruits or vegetables at every meal. Serve all meals family style. No fried foods.

<i>Beverages</i>	<ul style="list-style-type: none"> • Offer water at the table during every meal and have water accessible at all times. • Serve beverages that do not have added sugars. • For children two and older, serve low-fat (1%) or non-fat milk, or 100% fruit juice (no more than one 4-6 oz. serving per day.) 	<ul style="list-style-type: none"> • Offer water at the table during every meal and have water accessible at all times. • Serve beverages that do not have added sugars. • Serve healthier beverages, including water, low-fat (1%) or non-fat milk, or 100% fruit juice (no more than one 6-8 oz. serving per day.)
<i>Infant Feeding</i>	<ul style="list-style-type: none"> • Adults who work with infants and their families should promote and support exclusive breastfeeding for six months and continuation of breastfeeding in conjunction with complementary foods for 1 year or more. 	

These standards, when implemented fully throughout the Y, will be the basis on which the Y's commitment to being one of the largest and healthiest providers of early childhood education and afterschool programming in the nation is recognized.

These standards have been expanded and revised as of 11/30 to align with the Commitment that was made to first lady Michelle Obama and the Partnership for a Healthier America. The difference between these standards and previous versions are relatively small. Previous versions of the Y's Healthy Eating and Physical Activity (HEPA) Standards for After-School Programs have been augmented by adding parallel Early Childhood Education HEPA Standards, and new standards related to parent education and sugar-sweetened beverages.