

# Moving towards active play and healthy eating!

## We are committed to:

### HEALTHY EATING PRACTICES!

- Offering a wide variety of foods and beverages from Canada's Food Guide every day.
- Encouraging but not forcing children to eat.
- Making water available throughout the day.
- Staff joining children at the table for meal times and role modelling healthy eating.
- Sharing healthy eating information with parents.

### MOVING MORE EVERY DAY!

- Providing 180 minutes of physical activity throughout the day\*.
- Introducing fundamental movement skills into active play every day.
- Providing opportunities for outdoor play 2 or more times per day, weather permitting.
- Children are rarely sedentary for more than 60 minutes, consecutively, unless napping or eating.
- Staff joining children in all active play, all year round.
- Providing physical activity information to parents.

**Together,  
we are growing healthier,  
happier kids!**



\* Canadian Society for Exercise Physiology (guidelines for children between the ages of 1 and 4 years old)

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