

Not	Partially	Fully	EVIDENCE-BASED POLICY, SYSTEM, AND ENVIRONMENT CHANGES THAT INCREASE CHILD-FOCUSED PHYSICAL ACTIVITY IN A PRESCHOOL SETTING
			PHYSICAL ACTIVITY
			★ indicates potential Colorado Shines alignment + indicates Colorado State licensing requirement
			Outdoor Play
			Classroom teachers lead children in structured physical activities daily (once in a 3-hour or less time period, twice in a 5-hour or more time period) ★5.5 +
			A variety of portable play equipment is freely available to students at all times
			Adequate outdoor facilities for play are provided (open space and fixed equipment)
			Teachers join children in active play ★
			Children have 2-3 opportunities for outdoor play (60-90 min) per day +
			Physical Activity is not to be used as a punishment
			Physical Activity is used as a reward opportunity for students
			Outdoor playtime is not withheld for poor behavior
			Music and Movement activities are implemented daily (either in classroom or during outdoor play)
			Indoor Environment
			Children are allowed 90-120 minutes of unstructured play per day
			Short activity sessions (10-15 min) using varied movements are implemented daily
			Children are not sedentary for more than 60 minutes at a time, except when napping
			Indoor play spaces are available for active play, including running
			Physical Activity Education
			Physical activity education is provided to children using a standardized curriculum at least 1 time per week
			Screen Time
			Screen time is limited to no more than 30 minutes per week & designated for educational or physical activity purposes only +
			Screen time is not used during any snack or meal time +
			Screen time is not used as a reward
			Additional Policies and Practices
			Visible support for physical activity is provided in classrooms and common areas through use of posters, pictures, and displayed books ★ 2.2

Not	Partially	Fully	EVIDENCE-BASED POLICY, SYSTEM, AND ENVIRONMENT CHANGES THAT INCREASE CHILD-FOCUSED HEALTHY EATING IN A PRESCHOOL SETTING
			HEALTHY EATING
			★ indicates potential Colorado Shines alignment + indicates Colorado State licensing requirement
			Meal Time Environment
			Meals are served family style (children serve themselves)
			Staff sit with children during meal times +
			Staff create social interaction and conversation about food at snack and meal times +
			Children are provided enough time and are not rushed to eat +
			Staff eat the same food and use informal modeling to encourage children to try foods
			Children decide when they are full during meals and snacks
			Food is not used as reward or punishment +
			Staff never eat less healthy food in front of the children
			Food Served
			Snacks consisting of fruits and/or vegetables are served 2-3 hours apart
			Only whole-grain foods are served
			At least one fruit and/or vegetable is served at every meal and snack
			Less than 4 oz of 100% juice is served no more than twice a week +
			Low-sodium meals or snacks are served every day
			High fat and high sugar foods are served less than once a week or not at all
			Water is readily accessible in all indoor and outdoor environments
			Only low-fat or non-fat white milk is served for children over 2 years of age
			Nutrition Education
			Nutrition education and cooking activities are included in lesson plans at least once per month
			Childcare professionals use a nutrition education curriculum that incorporates other subjects, such as sensory development, language, science, math and dramatic play
			Nutrition lessons reflect children's culture
			Children participate in food preparation activities (ex. cutting fruits and veggies and helping serve/prepare meals)
			Child care professionals teach children about the taste, smell and texture of foods, the benefits of eating healthy foods, as well as vocabulary and language skills about food and eating
			Food Served at Events
			Special occasions, including birthdays, are celebrated with healthy food or non-food activities

		Outside food is not permitted in the classroom
Additional Policies and Practices		
		Center has a garden and serves fruits/vegetables from the garden for children to taste ★5.7
		Visible support for healthy eating is provided in classrooms and common areas through use of posters, pictures, and displayed books ★ 2.2

