

Creating a Healthy Environment for CDI/CDC/CFC

Vision

Our vision is to provide all children and employees in all of our Centers/Programs with a foundation for developing a positive attitude toward food, understanding the importance of good nutrition, forming healthy eating habits, and the importance of daily exercise.

Philosophy Statement

In all aspects of each agency program, staff role model and set an example to support a healthy environment with a focus on the well being of the children.



Position Statement

At CDI/CDC/CFC, we provide a healthy environment for children and staff by setting a high standard for the quality of food served through participation in the Child Care Food Program, by facilitating physical activity daily, and by integrating Nutrition/Health education in our curriculum for children, staff and families.

Food

- Follow CCFP for all children's meals and snacks
- Have Healthy Food Choices for all agency-wide staff activities, events at centers, fundraisers
- Encourage Healthy Food Choices for Family and Community events

Physical Activity

- Opportunities for consistent activity for children and staff daily for a minimum of 30 minutes
- Center will be equipped with developmentally appropriate and safe equipment for the specific ages of children

Education and Curriculum

- CCFP Nutritionists and CDI Health Consultants will educate all staff about CACFP, the importance of good nutrition and exercise and how to incorporate these practices into the center environment.
- CCFP Nutritionists and CDI Health Consultants will provide education to parents
- Healthy Lifestyle topics will be included in the Child curriculum.

