

# Building Healthy Environments

Providing healthy environments is important for everyone, especially for children as they grow to develop healthy habits. As a community, we must create environments where making a healthy choice is the easy choice.

What is your organization doing to make the healthy choice the easy choice for children and youth?

## How to use this chart:

1. Read through the chart and use the legend to track how you have built a healthy environment and what you will continue to work on.
2. Set a goal to make improvements in one or more areas.
3. Involve parents, children, businesses and other organizations to help you to reach the goal.
4. Share the goal with the community to gain support.
5. Look for resources to support your goals on [www.burlington.ca](http://www.burlington.ca) and [www.iparent.ca](http://www.iparent.ca)
6. Revisit the chart often.







# Building Healthy Environments in Child Care Centres

Water Does Wonders	Choose to Boost Veggies and Fruit	Run. Jump. Play. Everyday.	Power Off and Play Reduce Screen Time	General Good Practices for Creating Healthy Environments
The importance of water and the reduction of sugar sweetened beverages is emphasized year round and actively promoted with children and parents.	The importance of vegetables and fruit is emphasized year round and actively promoted with children and parents.	Through physical education programming introduce children to all types of physical activity.	Eliminate screen time for children under two.	Rewards are always non-food items and may involve opportunities to be physically active.
Cold drinking water is available at all hosted events, programs, meetings etc. either in jugs, pitchers or coolers.	Provide vegetables and fruit during every snack and meal	Teach physical literacy skills that allow children to participate in a variety of physical activities.	Rarely use screen time for children two to four.	Replace junk food fundraisers with vegetable and or fruit sales or non-food fundraisers
Bottled water is available at events only where access to tap water is not possible.	Provide opportunities for children to learn about the importance of vegetables and fruit for our bodies.	Provide opportunities for children to learn why it is important to move our bodies everyday.	Staff role model good technology behaviour and limit personal device use while with children.	When serving food at activities or events, offer more healthy options than not.
Sugar sweetened beverages, including 100% juice, are not available at any event where there are children. Water and or white milk are available.	Provide opportunities for children to learn about where their food comes from (i.e.. Farm trips, gardening, window sill growing).	Aim to reach the CSEP movement guidelines for the early years. <a href="http://www.csep.ca">www.csep.ca</a>	Eliminate screen time during eating times. Encourage conversation and paying attention to food.	Healthy food drives - encourage families to bring in items from the Healthy Food Drive List.
Drinking water is available and encouraged during program times.	Provide opportunities for children to learn how to grow food.	Engage children in active play outdoors.	Create a campaign for families to stay within recommended screen time limits, turn screens off at meals and before bed, replace screen time with other activities and for adults to be good role models of these behaviours.	Provide training for staff on healthy behaviours.
Staff role model healthy behaviours by drinking water in front of children and not sugar sweetened beverages.	Provide opportunities for children to prepare vegetables and fruit.	Allow children outside in all weather (while following guidelines).	Create Power Off Zones for parents at pick up and drop off times.	Connect with parents about healthy behaviours through bulletin boards, events and electronic communications.
Sugar sweetened beverages are not made available at staff meetings or gatherings. Tea, coffee and water are available.	Provide opportunities for children to try new vegetables and fruit.	Ensure that physical activity games allow for maximum participation - children do not sit out as part of the game.	Provide opportunities for children to be outside for both learning and physical activity.	Create policies about providing supportive environments around health. (e.g. screen time use, food and beverages at events, role modeling)
	Staff role model healthy choices by choosing healthy foods in front of students.	Make physical activity fun to increase enjoyment and participation.	Promote active, unstructured outdoor play at child care and with parents.	
	Offer vegetables and fruit at celebrations and reduce or eliminate celebrating with unhealthy foods.	Support and encourage active transportation to and from your childcare centre.	Reduce sedentary time by engaging children in active play.	
	Caterers and/or menus are selected based on healthy food options and Canada's Food Guide	Staff participate in activities where possible as good role models.		
		Offer training to staff to introduce new games.		
<b>Legend</b>	<b>Use the following markings to track where you are with each good practice.</b>			
<b>Check Mark</b>	We have implemented this good practice.			
<b>Circle</b>	We are sometimes implementing this practice and are continuing to work on it.			
<b>X</b>	We rarely or don't implement this good practice but would like to make changes in this area.			