

# Nutrition and Physical Activity Regulations in Child Care Centers

## Changes to New York City Health Code

Article 47 of the New York City Health Code regulates nutrition services, physical activity and screen time for children in child care centers permitted by the New York City Department of Health and Mental Hygiene. The changes below became effective April 20, 2015.

### Previous Article 47 Regulations

### New Article 47 Regulations

#### Nutrition

Do not serve more than <u>6 ounces</u> of 100% juice a day.	Do not serve more than <u>4 ounces</u> of 100% juice a day.
Serve juice to children <u>over 8 months</u> . Do not serve juice in bottles.	Serve juice only to children <u>aged 2 and older</u> . Do not serve juice in bottles.

#### Physical Activity

Do not allow children to remain sedentary or to sit passively for <u>more than 60 minutes continuously</u> except during scheduled rest or naptime.	Do not allow children to remain sedentary or to sit passively for <u>more than 30 minutes continuously</u> except during scheduled rest or naptime.
Do not allow children younger than 2 to watch television, video and other visual recordings. Children aged 2 and older may use television, videos and other visual recordings to watch <u>no more than 60 minutes per day</u> of educational programs or programs that actively engage child movement. Limit children attending less than a full day program to a proportionate amount of screen time.	Do not allow children younger than 2 to watch television, video and other visual recordings. Children aged 2 and older may use television, videos and other visual recordings to watch <u>no more than 30 minutes per week</u> of educational programs or programs that actively engage child movement. Limit children attending less than a full day program to a proportionate amount of screen time.

# New York City Nutrition and Physical Activity Requirements

The chart below lists nutrition and physical activity regulations and standards for child care centers in New York City. All New York City child care centers **must** comply with the New York City Health Code, regardless of participation in other programs. Use the legend below to determine which additional requirements apply to your center.

- **Health Code Article 47 and Article 81** – *required for all New York City child care centers*
  - ◆ **New York City Food Standards** – *required for center-based Head Start and Child Care centers under contract with the Administration for Children’s Services; required for Department of Education Universal Pre-K sites*
  - **New York State Child and Adult Care Food Program** – *required for participating centers*
- For Head Start programs, some of the requirements below are supported by the Head Start Performance Standards. Head Start programs may have requirements in addition to those listed below.

## Give Parents Information About Healthy Meals

- Distribute Health Department approved nutritional guidelines to parents for food and drink brought into the center from outside.

## Beverages Served at the Center

- ◆ ■ Do not serve beverages with added sweeteners, whether artificial or natural.
- ◆ ■ Serve only 100% fruit juice.
- ■ Do not serve more than 4 ounces of 100% juice a day.
- Serve juice to children only if they are 2 years or older.
- ■ Do not serve juice in infant bottles.
- ◆ ■ Do not serve juice more than once a day.
- ◆ If only snacks are provided, do not serve juice more than twice a week.
- ◆ ■ Serve only unsweetened/unflavored 1% or non-fat milk to children aged 2 and older. Milk with a higher fat content is allowed when medically required.
- ◆ ■ Milk substitutes (such as soymilk) must be unflavored.
- Specify the type of milk served on the menu. Milk substitutes must be nutritionally equal to milk.
- ◆ ■ Serve unsweetened/unflavored whole milk to children ages 12 to 24 months.
- ◆ ■ Have water available throughout the day, including at meals.
- Serve water with snack if a beverage is not one of the required snack components. Specify water on the menu.

## Meals Prepared at the Center: Nutrient Standards

- ◆ Limit total sodium per day to 1,700 mg or less. Breakfast can contain no more than 425 mg sodium, snacks no more than 170 mg sodium, lunch no more than 600 mg sodium and dinner no more than 600 mg sodium.\*
- ◆ Serve at least 19 grams of fiber per day.\*
- ◆ Limit total fat to no more than 35% of total calories.
- ◆ Limit saturated fat to less than 10% of total calories.

\*If serving one or two meals a day, have each meal meet a proportional range of sodium and fiber: 25 to 30% for breakfast, 30 to 35% for lunch and 30 to 35% for dinner.

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For Head Start programs, some of the requirements below are supported by the Head Start Performance Standards. Head Start programs may have requirements in addition to those listed below.

## Meals Prepared at the Center: Components

- ◆ ■ Serve a minimum of two servings of fruits and vegetables per meal for lunch and dinner.
- ◆ Serve a minimum of five servings of fruits and vegetables per day for programs serving breakfast, lunch and dinner.
- ◆ *Programs serving meals on five days per week or fewer:* Offer a minimum of three servings of non-starchy vegetables weekly at lunch and at dinner.  
*Programs serving meals on more than five days per week:* Offer a minimum of five servings of non-starchy vegetables weekly at lunch and at dinner.
- ◆ Do not deep fry foods.

## Food Purchased for Meal Service

- ◆ ■ Serve low-fat or non-fat yogurt that contains no artificial sweeteners.
- ◆ Serve items that contain no more than 480 mg sodium per serving.
- ◆ Serve sliced sandwich bread with no more than 180 mg sodium per serving. Bread must be whole wheat/whole grain and contain 2 or more grams of fiber per serving.
- ◆ Serve other baked goods (such as dinner rolls, muffins, bagels and tortillas) with no more than 290 mg sodium per serving.
- ◆ Serve cereal with no more than 215 mg sodium per serving and at least 2 grams of fiber per serving.
- ◆ ■ Serve cereal with no more than 6 grams of sugar per serving.
- Limit sweet grains served at breakfast and snack to no more than twice a week.
- ◆ Do not serve fruit canned in syrup. Serve canned fruit in unsweetened juice or water.
- ◆ Serve canned and frozen vegetables and beans with no more than 290 mg of sodium per serving.
- ◆ Serve canned and frozen seafood and poultry with no more than 290 mg of sodium per serving.
- ◆ Serve canned beef and pork and luncheon meat with no more than 480 mg of sodium per serving.
- ◆ Serve portion-controlled items (such as breaded chicken, chicken nuggets, frozen French toast and waffles) with no more than 480 mg of sodium per serving.
- ◆ Serve salad dressings with no more than 290 mg of sodium per serving.
- ◆ Serve sauces with no more than 480 mg of sodium per serving (except soy sauce).
- ◆ Purchase snacks, such as crackers, chips and salty snacks, with no more than 200 mg of sodium per serving.
- ◆ Purchase grains (such as granola bars, cookies and muffins) for snacks with no more than 10 grams sugar and at least 2 grams fiber per serving.
- ◆ Do not use artificial trans fat. Do not store, distribute or use it to prepare any menu item.

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## Food Served at Celebrations

- ◆ ■ Do not serve beverages with any added sweeteners, whether artificial or natural.
- Give nutritional guidelines for food and drink brought into the child care center to parents.
- ◆ Serve healthy options, like fresh fruit, leafy green salads and/or vegetable slices, at special occasion celebrations.
- ◆ Serve water at all special occasion celebrations.

## Physical Activity

- Promote daily physical activity in the classroom.
- Give children 12 months and older who attend a full-day program at least 60 minutes of physical activity each day.
- Give children 3 or older at least 30 minutes of structured and guided physical activity as part of the required 60 minutes of physical activity each day.
- Have children attending less than a full-day program participate in a proportionate amount of activity.
- Do not let children remain sedentary or to sit passively for more than 30 minutes continuously, except during scheduled rest or naptime.
- Give children outdoor play each day except during inclement weather.
- Do not use television, video or other visual recordings with children under age 2.
- For children ages 2 and older, limit television, videos and other visual recordings to no more than 30 minutes per week of educational programs or programs that actively engage child movement.