



Early Care and Education

Policy Ideas:

- Expand access to Head Start Programs- promote school readiness of children age birth to five from low-income families by supporting the development of the whole child. Head Start programs actively engage parents, recognizing family participation is key, and programming has a focus on health and wellness (both physical activity and nutrition)
- Ensure childcare licensing structure includes specific nutrition, active play, sugary drink and screen time standards
- Provide funding and dedicated TA for childcare programs operating in low-income communities to adopt and implement nutrition, active play and screentime standards

Transforming School Meals (K-12)

Policy Ideas

- Enable more local sourcing by investing in the Farm-to-School program and other innovative programs connecting local farmers and school food service
- Encourage more from scratch cooking (vs. heat-and-serve meals) by investing in staff training/expertise and kitchen set-up/equipment





Transforming School Meals (K-12)

Policy Ideas:

- Ensure students have sufficient **time to eat** their meals- 30-minute lunch period with at least 20 minutes of seated time
- Make it easier for students to **participate in the school breakfast program**- Breakfast in the classroom; grab and go breakfast; and Second Chance Breakfast are all options
- Help lower-income families by **eliminating reduced-priced meals category**, ensuring students don't go hungry or accumulate meal debt

Additional School-based Ideas

Policy Ideas:

- Encourage water consumption by ensuring all newly built schools or schools undergoing major renovations include water bottle filling stations. Also allow water bottles in the classroom.
- Encourage schools to have **Comprehensive School Physical Activity Programs (CSPAP)**- schools use all opportunities for students to be active, meet the nationally recommended 60-minutes of PA/day, and develop the knowledge, skills and confident to be physically active for a lifetime. CSPAPs include PE as the foundation; physical activity before, during and after school; staff involvement; and family and community engagement.



Community Based Ideas

Policy Ideas:

- Create a statewide SNAP nutrition incentive program (Double Dollars or Market Match) to help families stretch their grocery budget and prioritize buying locally grown food. A win for famers, families and the local economy.
- Create a produce prescription program, enabling healthcare providers to prescribe fruits and vegetables to certain low-income or food insecure individuals that suffer from or are at risk of developing a diet related health condition.
- Food Is Medicine- MA programs incorporate food and nutrition into prevention, management and treatment of diet-related diseases.





Community Based Ideas

Policy Ideas:

- Encourage local governments to enact **complete streets policies**, whereby transportation projects, including new construction and reconstruction create roadways that enable reasonably safe travel for all users.
- Promote walking and bicycling to school through investment in infrastructure and other resources- called **Safe Routes to Schools**

