



Healthy and Active Before 5

Healthy and Active Before 5 (HAB45) is a collaborative project in Contra Costa County. Our goal is to prevent obesity in kids age 0–5, by building partnerships and environments for healthy eating and active play.

We want each of our community partners to be role models for healthy eating and good nutrition. *Healthy and Active Before 5* is asking its partners to adopt at least one (and up to three) policies aimed at reducing childhood obesity. We believe change starts at home.

AND, we are asking you, as a colleague, to “Pledge the Practice” in your everyday activities (even if your agency is slow to “Pass the Policy”).

Healthy and Active Before 5’s staff is available to help.



Drink Water

Milk and water are the healthiest beverages for kids 0–5 years.

Children are not always interested in drinking water, as it may seem a little plain, or even boring. Here are some ways each of us can make water more appealing to preschoolers.

PLEDGE THE PRACTICE (YOU)

- **Serve only water or low-fat milk** and leave the other drinks off the table. Water can’t compete against soda or sweet fruit juices.
- **Use fun cups.** Buy a water pitcher with well-loved cartoon characters or heroes on them.
- **Serve cold water.** Almost everybody likes water better that way.
- **Try using smaller pitchers**, which aren’t too heavy (or won’t spill too much)... so children can serve themselves.
- **Add a few pieces of sliced fruit** like lemon, lime or strawberry to the water pitcher. Make shaped ice cubes for special events.
- **Set a good example** and drink water yourself, instead of soda or other sweet drinks.

PASS THE POLICY (YOUR AGENCY)

- Pass a “No Soda, No Juice” Policy.
- Make water free and accessible in your work place. Many places in the county have excellent tap water. For those that don’t, consider purchasing tap and pitcher-type filters. Act quickly to apply for one of our *Healthy and Active Before 5* mini-grants to offset the cost!
- Promote drinking water with educational campaigns and activities, like *Drink Water! Said the Otter*.
- Tell parents and volunteers about your change in policy and practice. Encourage them to take your healthy habits home with them.

GO EASY ON THE JUICE!

Juice should be considered a special treat. Juice is filling and will decrease a child’s appetite for other more nutritious foods. A 12-ounce glass of orange juice contains 180 calories, which is the same as eating three chocolate chip cookies.

The American Academy of Pediatrics suggests...

- If you give your child juice, it should be 100% fruit juice and not fruit drinks.
- Infants under 6 months old should not be given juice (unless advised otherwise by your pediatrician).
- Infants between 6 and 12 months should drink juice from a cup, not a bottle.
- Young children aged 1 to 6 years should have no more than 4 to 6 ounces of juice a day.

Remember that the recommended servings of fruit juice are actually limits. Children do not need to drink any fruit juice, especially if they are getting the recommended servings of fruit by eating whole fruit.

For children who are overweight, the recommendation is no juice at all!

For more information on healthy policy changes for your agency or workplace, please call (925) 676-5442 x3652 or visit

www.healthyandactivebefore5.org



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Breastfeeding Support

Breastmilk is the optimal food for growth and development of infants.

There are things we can all do to promote and support breastfeeding, and the use of breastmilk, as the normal way to feed infants for at least the first year of life.

PLEDGE THE PRACTICE (YOU)

- **Be a cheerleader.** Acknowledge the importance of breastfeeding to infants, your coworkers and the agency. Be supportive and informed.
- **Be a mentor.** Did you work full time and breastfeed? Can you offer helpful tips? Reaching out to your coworkers might be just the thing that helps your workplace provide a more supportive environment for moms.
- **Be creative.** Off to meetings? Provide your office to breastfeeding moms to pump in a comfortable and private space.

PASS THE POLICY (YOUR AGENCY)

- Managers and supervisors inform all employees about your agency’s breastfeeding support policy. We recommend a written policy which discusses the reasons to support breastfeeding and spells out the details of facilities provided and time allotted for breaks.
- Consider flexible scheduling options for breaks and work hours. Flexible work arrangements can ease a woman’s return to work, increasing her morale and productivity.
- Generally women need a morning and lunch time break to express breastmilk. Expression can take up to 40 minutes. The need to express breastmilk usually lasts for less than one year.

California Law requires that all California employers provide a reasonable amount of break time and make a reasonable effort to provide a private space, other than a toilet stall, close to the employees’ work area, to accommodate an employee desiring to express breastmilk for her baby.

DON'T FORGET...

- Plan for a new mother’s return to work, before/during her maternity leave. Remind her of the agency’s breastfeeding support program.
- Address concerns of co-workers to ensure that no one feels that the breastfeeding employee is getting “special” perks.
- Women with infants and children are the fastest growing segment of the U.S. labor force. Rather than planning on a case-by-case basis, plan and furnish a permanent lactation space in your workplace.

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Offering Healthy Foods & Beverages

Be a role model for good health. Serve healthy foods and beverages at all your meetings, events and fundraisers. This means serving fruits, vegetables, low-fat dairy products and whole grains to clients and to your staff.

PLEDGE THE PRACTICE (YOU)

Are you in charge of planning meetings and events? Think about how your own actions and choices can result in meaningful changes. Just because your agency is slow to pass an “official food policy” doesn’t mean you can’t change some of your everyday habits. *Here are some tips to try...*

Feeding Children:

- **Be adventurous.** Try some unique flavors on your table instead of traditional treats. Have your children ever tasted a star fruit? a frozen grape? crunchy banana chips? Have YOU ever tried these healthy foods?
- **Be innovative.** Rearrange your activities. Try recess or play, before lunch— it can build young appetites for healthy foods. Try serving snacks “family style,” with everyone choosing their own foods and portion sizes.
- **Be helpful.** Keep in mind that small children should eat small portions. Cut foods into small enough pieces so that a preschooler can hold them in one hand.

Adults:

- **Add healthy alternatives.** Much of our eating is social, so shrink the birthday cake and serve a big colorful fruit salad. Place flowers on the table!
- **Reduce portion sizes.** Many of the foods we purchase for meetings are larger than we would eat at home. Cut whole grain bagels and muffins in halves or quarters. Use smaller plates.
- **Leave your leftovers at home.** Want to get those holiday cookies out of the house? We all do... but bringing unhealthy foods to the office can undermine your co-workers’ efforts to stay healthy.

PASS THE POLICY (YOUR AGENCY)

- **Serve water.** Make water easily accessible in your work place. Many places in the county have excellent tap water. For those that don’t, explore tap and pitcher-type filters.
- **Make your vending machines healthy.** Get rid of the sweetened beverages and candy. There are plenty of healthy alternatives available, and they are so much tastier than before!
- **Food at fundraisers.** Has your agency been serving/selling the same junkie food for the last 10 years? It’s time for a change. Help the families you serve make healthy choices.
- **Form an employee or volunteer workgroup.** Motivated staff can generate new ideas for healthy eating and troubleshoot any glitches. Each workplace has different traditions and hopes for the future. (Remember *Healthy and Active Before 5* can help!)

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