



WE PARTNER WITH THE HEALTHY APPLE PROGRAM

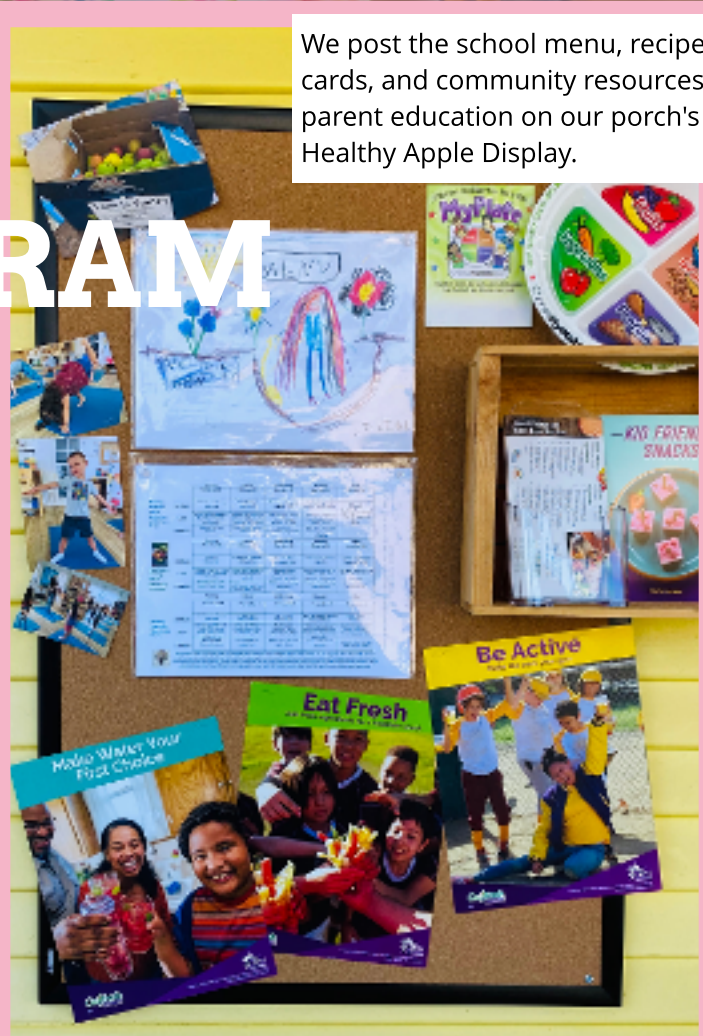
Physical Activity, Nutrition & Garden



Healthy Apple is a program for child care educators to assess ECE nutrition and physical activity practices, get support to make improvements, and be recognized for meeting best practices. The goal is to empower and help our preschool promote and establish lifelong healthy habits for children.

- In an effort to provide the best possible environment for the children in our care, we implement nutrition policies. We appreciate the support from the families in promoting the health of our children.
- We are growing an edible garden to promote hands-on-garden to table-learning!
- We have created an outdoor play and learning policy that includes amounts of outdoor playtime, encouraging outdoor active play, sun safety, and education for our teaching staff and families.
- We offer families screen time information that includes recommended amounts and types of screen time, positive screen time practices, not using screen time to reward or manage behaviors, and our program's policies sharing that we do not allow screen time at preschool.

We post the school menu, recipe cards, and community resources for parent education on our porch's Healthy Apple Display.



Physical Activity =
Healthy and Happy Kids!

We are a healthy preschool family!



STORYBOOK
VILLAGE PRESCHOOL