Children will be physically active at least 2 hours a day.

TV and screen time will be limited to 2 hours a day.

Low fat milk (for children over 2) and water will be served as drinks. Fruit juice will be limited to 4 ounces a day and sugary drinks like soda pop won't be served at all.

Food and candy won't be used as a reward or a punishment.

Every meal will feature a half plate of fruits and/or vegetables. Every effort will be made to make meals with real food, not processed food.

Children will be served food with less than 10 grams of sugar per serving.

Children will not be exposed to secondhand smoke.

Breastfeeding through one year of age will be encouraged and supported.