

# Quality Care For Kids Newsletter

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Helping children keep a healthy weight, eat nutritious foods, and get regular physical activity can lower their blood pressure and reduce their risk for cardiovascular disease later in life.

## Health Tips:

### Food and Drinks

- Offer nutritious, lower-calorie foods such as fruits and vegetables in place of foods high in added sugars and solid fats.
- Provide foods that are low in sodium (salt). Sodium raises blood pressure.
- Children don't always tell you that they are thirsty. Make sure water is available and offered throughout the day both indoors and outdoors.

### Physical Activity

- Do activities that include running, jumping and climbing to increase physical activity throughout the day.
- Physical activity combined with nutritious food helps children with healthy weight.

### Get Involved

- Be a role model!
- Promote active play!
- Eat healthy food and drinks!



**Ask your doctor to measure your child's blood pressure starting at age 3.**

**For more health information, go to 5-2-1-0 Healthy Choices Count!**

<https://hhs.iowa.gov/programs/programs-and-services/healthy-eating-active-living/5-2-1-0>



## Keep Water Bottles Clean

Many child care providers utilize water bottles in the classroom and outdoors for children. Studies have shown that germs and mold can grow quickly in reusable water bottles - in the bottle as well as the lid and mouthpiece. It is recommended that water bottles are washed daily the same as dishes and glassware. As an alternative to water bottles, Caring For Our Children Standard 4.2.0.6 recommends using small pitchers of water and cups for children to self-serve.

## Dishwashing is a three-step process:



**Wash**  
**Rinse**  
**Sanitize**

Sanitizing can be done with the use of either hot water at the proper temperature or chemical sanitizers at the appropriate concentrations.



Scan the QR code to find your local CCNC or visit online at <https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>



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