



Texas Association for the Education of Young Children

HB 1808/SB 952 Nutrition, Physical Activity and Screen Time

- Child care licensing standards must be improved to ensure kids achieve and maintain a healthy weight and lifestyle. Early care and education programs play a **critical role in helping kids eat healthy, stay active and maintain a healthy weight**. The state already requires child care providers to comply with minimum standards for nutrition, physical activity, and screen time. However, these **minimum standards are not aligned with nationally-recognized best practices for child health**.

Update minimum standards for nutrition to align with the Child and Adult Care Food Program (CACFP) administered by the Texas Department of Agriculture.

- *CACFP provides clear, scientifically-backed, age-appropriate guidance that is regularly reviewed and updated; research shows children in CACFP programs receive foods of higher nutritional value.*
- *This bill does not require participation in CACFP or additional reporting.*
- ***Direct Childcare Licensing to update minimum standards for active play and screen time to align with the AAP and Caring for our Children best practices for early education.***

How the Texas Legislature can help: SB 952 and HB 1808 would provide healthier options for child care programs to provide the children in their care as well as improve their physical activity and reduce their screen time.

- *It's important to tell your story: how much screen time do you allow, if any, how much active play do your children receive, do you participate in CACFP already and this change will only make your life easier as now CACFP and Licensing will be the same, etc.*