MA Children at Play is a CDC-funded project of the Massachusetts Department of Public Health, the Massachusetts Department of Early Education and Care and the Massachusetts Department of Elementary and Secondary Education.

For more information about MA Children at Play, please contact Anne Hemmer, RD, LDN, MS at anne.hemmer@state.ma.us or (617) 624-5451.

For more information on eating better and moving more at home, work and in your community, visit us online at www.mass.gov/massinmotion.
MA Children at Play helps children eat better, by:

» Providing healthy food and snacks all through the day, including more fruits and vegetables, and low fat or skim milk.
» Teaching children how to grow, prepare and eat healthy foods.
» Offering books, songs, and fun food experiences that teach healthy eating habits for a lifetime.

MA Children at Play helps children move more, by:

» Providing 60 minutes of structured, age-appropriate physical activity each day.
» Spending more time being active and less time in front of the TV and computer screen.
» Teaching songs, games and activities that promote learning and active living.

What You Can Do at Home:

Your child care provider is helping your child eat better and move more during the day. There are ways you can help at home, too!

» Serve healthy snacks and meals that include plenty of colorful fruits and vegetables.
» Offer your children water, and limit sugary drinks such as soda, juice and sports drinks.
» Make sure your child is active for at least 60 minutes every day.
» Limit TV and computer time to 1-2 hours a day.
» Be a good role model – eat better and move more in your own life!

Get more tips for parents at: www.mass.gov/massinmotion