

New York City Group Child Care Article 47 Nutrition and Physical Activity Regulations At-a-Glance

1. Physical Activity

- 1-3 years old: **60 minutes of physical activity per day**
- ≥ 3 years old: **60 minutes**, including **30 minutes of guided and structured** physical activity
- Children shall not be allowed to remain sedentary or to sit passively for more than 30 minutes continuously except during scheduled rest or naptime.

2. Screen Time (includes television, computers, and other visual recordings)

- < 2 years old: **Restricted**
- ≥ 2 years old: **30 minutes or less per week.**
- **Only educational programs** or programs that **actively engage child movement** (ask Early Childhood Consultants for ideas!).

3. Nutrition/ Beverages

- **No beverages with ANY added sweeteners, whether artificial or natural shall be served.**
 - Only **100% fruit juice is allowed – check Nutrition Facts Label**
 - No more than **4 ounces per day is allowed.**
 - Juice shall only be provided to children ≥ 2 year of age and should not be provided in a bottle.
- **Milk:**
 - **Only unsweetened/unflavored 1% or non-fat milk for children ages two or older is allowed. Milk substitutes (such as soymilk) must be unflavored and unsweetened.**
 - Only unsweetened/unflavored whole milk for children ages 12 months to under age 2 is allowed.
- **Water:**
 - Made **available** and **easily accessible** to children throughout the day (recommendation: directly on the table at meals and snacks).
- **Communication with Parents:**
 - **Nutrition guidelines** for outside foods brought into the child care must be **communicated to parents.**

For more information, visit [Article 47 \(nyc.gov\)](https://www.nyc.gov/article/47).

For information and resources on nutrition and physical activity for child care programs, go to [NYC.gov/nutrition](https://www.nyc.gov/nutrition), click on Nutrition Services and scroll down to Child Care Centers.

If you have questions, contact Angela DiMaggio, Senior Manager of Early Childhood Nutrition Programs at 347-396-4723 or adimaggio@health.nyc.gov