

# Healthy Apple Program

The [Healthy Apple Program](#) at [BizNest at Children's Council](#) is available for FREE to all child care educators in San Francisco.



[Healthy Apple](#) supports child care educators in implementing research-based best practices in nutrition and physical activity for children from birth to age 5.



**NEW!** [Click here to check out our Healthy Apple Interactive Guide.](#) This fun and engaging new tool will help you promote physical activity throughout the day and will teach you about free Healthy Apple resources to make your program healthier.

The Healthy Apple program includes (1) a self-assessment of current practices, (2) goal-setting assistance to improve those practices and (3) resources, workshops and coaching to help meet these goals.

Each year we [award child care educators](#) who have demonstrated excellence in their nutrition and physical activity practices. The program was developed by the San Francisco Child Care Wellness Collaborative with support from the Mayor of San Francisco, San Francisco Office of Early Care and Education, First 5 San Francisco, San Francisco



Department of Public Health, and Children's Council of San Francisco.

Our Healthy Apple program was featured in [BMC Public Health](#), a peer-reviewed journal that considers articles on the epidemiology of disease and the understanding of all aspects of public health. [Click here to read the full article](#), or scroll down (below the video) to read an excerpt.

[Visit our Healthy Apple website](#) to get started today! Or contact [Raegan Sales](#) at 415.276.2900.

### **Healthy Apple Policy Development Resources (Tri-lingual):**

[Healthy Apple Sample Policy](#)

[Healthy Apple Sample Policy - Spanish](#)

[Healthy Apple Sample Policy - Chinese](#)

[Policy Considerations from Healthy Apple Self-Assessments](#)

[Policy Considerations from Healthy Apple SA - Spanish](#)

[Policy Considerations from Healthy Apple SA - Chinese](#)

**Learn more about Healthy Apple** and meet one of our participants in this video:

More about our Healthy Apple Program (from the BMC Public Health Journal):

“The results of a recent evaluation of the Healthy Apple Program (HAP) in San Francisco clearly signify that the addition of the HAP support in a child care setting was associated with greater improvements in child care provider practices and child BMI changes than routine CCHP (San Francisco Department of Public Health Child Care Health Program) services alone. The results warrant continued integration of the HAP into public health and early childhood education infrastructure in San Francisco and suggest opportunity for child care health screening policy and protocol to systematically link child care providers to



resources for practice improvement and child obesity prevention.”