

**Table S1.** Online Database Search Strategy.

<b>Medline Search: Inception- September 2020</b>	
1.	(Early childhood education and care).mp.
2.	Kinder*.mp.
3.	Early education.mp.
4.	Preschool.mp.
5.	Child care/
6.	1 or 2 or 3 or 4 or 5
7.	Food/
8.	Nutrition.mp.
9.	Diet/
10.	Healthy eating.mp.
11.	Physical activity.mp.
12.	Exercise/
13.	Physical fitness/
14.	Screen time/
15.	Sedentary.mp.
16.	Sleep/
17.	Obes*.mp.
18.	7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17
19.	Exp guideline/
20.	Guideline as topic
21.	Exp practice guideline/
22.	Health planning guidelines/
23.	(guideline or practice guideline).pt
24.	(position statement* or policy* statement* or practice parameter* or best practice*)ti,ab,kw
25.	(standards or guideline or guidelines).ti,ab,kw
26.	((practice) adj guideline*).ab.
27.	Consensus*.ti,ab,kw
28.	Recommendat*.ti,ab,kw
29.	Benchmarks.mp.
30.	19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29
31.	6 AND 18 AND 30

**Table S2.** Grey Literature Search Strategy.

1.	<b>“Early Childhood Education and Care”</b>
2.	Kindergarten
3.	Child*
4.	1 or 2 or 3
5.	Nutrition
6.	Food
7.	Physical*
8.	“Screen time”
9.	Sedentary
10.	Sleep
11.	Obes*
12.	5 or 6 or 7 or 8 or 9 or 10 or 11
13.	Guideline
14.	Statement
15.	Policy
16.	Recommendation
17.	Strategy
18.	13 or 14 or 15 or 16 or 17
19.	4 and 12 and 18

**Table S3.** Guideline AGREE II appraisal scores.

<b>Guideline</b>	<b>Scope and Purpose</b>	<b>Stakeholder Involvement</b>	<b>Rigour of Development</b>	<b>Clarity of Presentation</b>	<b>Applicability</b>	<b>Editorial Independence</b>	<b>Overall Assessment</b>
Ten ways to empower children to live healthy lives: standards to empower child care facilities in Arizona (3rd Ed) (USA)	86%	48%	39%	57%	57%	57%	Recommended with modification
Action Plan for Preventing Child and Adolescent Obesity. Promoting Healthy Lifestyles and Preventing Obesity In the Child Care setting (USA)	50%	52%	34%	36%	29%	36%	Not recommended
Active Early: a Winconsin guide for improving childhood physical activity (2nd Ed) (USA)	93%	86%	57%	100%	86%	86%	Recommended with modification
Healthy Bites: a Winconsin guide for improving childhood physical activity (2nd Ed) (USA)	93%	95%	57%	93%	93%	71%	Recommended with modification
Australian 24-hour movement guidelines for the early years (birth to 5 years) (Australia)	100%	71%	43%	93%	36%	100%	Recommended with modification
Position of the Academy of Nutrition and Dietetics: Benchmarks for Nutrition in Childcare (USA)	100%	90%	52%	57%	71%	100%	Recommended with modification
Best Practices for Healthy Eating: a guide to help children grow up healthy (USA)	93%	57%	48%	100%	43%	36%	Recommended with modification
Best Practices for Physical Activity: for organizations serving children and youth a guide to help children grow up healthy (USA)	100%	57%	50%	100%	43%	36%	Recommended with modification
Canadian 24-hour movement guidelines for the early years (0-4 years): an integration of physical activity, sedentary behaviour and sleep (Canada)	100%	100%	100%	100%	100%	100%	Recommended without modification
Caring for Children (Australia)	93%	86%	43%	86%	79%	50%	Recommended with modification
Caring for our children, National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs (USA)	93%	81%	71%	100%	93%	57%	Recommended without modification
Early child care obesity prevention recommendations (USA)	86%	48%	45%	100%	39%	36%	Recommended with modification

Early childhood obesity prevention policies (USA)	93%	76%	68%	86%	71%	64%	Recommended without modification
Eat Better Start Better: Voluntary Food and Drink Guidelines for Early Years Setting in England – a Practical Guide (England)	100%	71%	46%	100%	79%	57%	Recommended with modification
Eating Well for Under-5s in Child Care: Practical and nutritional guidelines, 2nd edition (UK)	100%	86%	46%	93%	75%	43%	Recommended with modification
Enacting eight policies to prevent childhood obesity: projected outcomes for Louisiana (USA)	100%	43%	38%	100%	32%	57%	Recommended with modification
Food and Nutrition Guidelines for Pre-school services (Ireland)	100%	86%	41%	57%	61%	43%	Recommended with modification
Food&Nutrition for childcare settings: Best Practice guidance (Wales)	100%	71%	46%	79%	79%	43%	Recommended with modification
Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood (Australia)	100%	81%	38%	100%	82%	43%	Recommended with modification
Menu Planning in Childcare (Australia)	71%	52%	46%	86%	75%	71%	Recommended with modification
Long Day Care Menu Planner (Australia)	57%	62%	25%	86%	57%	50%	Recommended with modification
Start Right, Eat Right (Australia)	100%	57%	34%	93%	75%	57%	Recommended with modification
Healthy Food and Drink Guidance- Early Learning Services (NZ)	100%	62%	43%	86%	25%	57%	Recommended with modification
Healthy Kids, Healthy Future (USA)	100%	57%	54%	100%	46%	57%	Recommended with modification
Improving healthy weight in children: The healthiest next generation initiative (USA)	93%	90%	54%	93%	39%	57%	Recommended with modification
Let's Go! Health Care Toolkit (USA)	71%	71%	48%	50%	68%	71%	Recommended with modification
Menu planning guidelines for long day care (Australia)	93%	62%	45%	93%	68%	57%	Recommended with modification
Missouri Move Smart Child Care (USA)	86%	76%	34%	100%	75%	36%	Recommended with modification

Model Child care health policies (5th Edition) (USA)	86%	86%	43%	57%	82%	79%	Recommended with modification
Munch & Move (Australia)	100%	90%	52%	100%	89%	79%	Recommended with modification
Nutrition and Physical Activity Best Practices for Child Care Centers (USA)	86%	48%	39%	86%	18%	57%	Recommended with modification
Nutritional Guidance for early years food choices for children aged 1-5 years in early education and child-care settings (Scotland)	100%	100%	52%	86%	64%	71%	Recommended with modification
Nutrition and Wellness Tips for Young Children: provider handbook for the child and adult care food program (USA)	100%	76%	34%	100%	75%	64%	Recommended with modification
Right Bite, Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools (Australia)	100%	95%	39%	64%	89%	57%	Recommended with modification
Setting the Table- Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland (Scotland)	100%	67%	55%	93%	57%	14%	Recommended with modification
Sit less, move more, sleep well: Active play guidelines for under-fives (NZ)	100%	71%	55%	93%	50%	36%	Recommended with modification
The preschool initiative: building a healthy foundation for life (USA)	100%	76%	39%	57%	75%	43%	Recommended with modification
Wellness Guidelines for Alaska's Young Children: A toolkit for child care providers and families (USA)	100%	57%	45%	100%	68%	36%	Recommended with modification