



Grow Healthy Best Practices

Nutrition Standards

Level
A

Level
B

Level
C

Only skim or 1% milk is served to children 2 years and older.	✓	✓	✓
Do not serve sugar sweetened beverages.	✓	✓	✓
Juice is allowed only once per day in a serving size tailored to the age group's needs.	✓	✓	
Create and consistently implement a written nutrition policy.	✓	✓	
Do not use food as a reward or punishment.	✓	✓	
Offer fruit (not juice) at least 2 times a day.	✓	✓	
Attend nutrition training at least 1 time per year.	✓	✓	
Provide opportunities for children to learn about nutrition 1 time per week or more.	✓	✓	
Offer vegetables other than white potatoes	at least 2 times a day	at least once a day	
Limit fried or pre-fried vegetables (including potatoes) to	no more than once in a two-week period	no more than once a week	
Limit high-fat meats to	no more than once a week	no more than two times a week	
Offer whole grain foods	at least 2 times a day	at least once a day	
Limit sweet food items to	no more than once a week	no more than two times a week	
At least one staff member joins children at the table for meals and snacks.	✓		