SAMPLE ABC Grow Healthy Level A
Child Care Nutrition Policy

Policy Statement

Good nutrition is vital to children's overall development and well-being. In an effort to provide the best possible nutrition environment for the children in our facility, ***<Insert the name of <u>your</u> child care center here>*** has developed the following child care nutrition policies to encourage the development of good eating habits that will last a lifetime.

Child Care Nutrition

<Insert the name of <u>your</u> child care center here> follows the child care nutrition guidelines recommended by the USDA CACFP (Child and Adult Care Food Program) for all the foods we serve. To provide a healthy and balanced diet that includes fruits, vegetables, and whole grains and limits foods and beverages that are high in sugar, and/or fat, our nutrition policy includes the following:

Fruits and Vegetables
- √ We serve fruit at least 2 times a day.
- √ We offer a vegetable other than white potatoes at least 2 times a day.

Grains
- √ We serve whole grain foods at least 2 times a day.

Beverages
- √ We limit juice intake to once per day in a serving size specified for the child's age group. When served, the juice is 100% fruit juice.
- √ We do not serve sugar sweetened beverages.
- √ We serve only skim or 1% milk to children age 2 years and older.

Fats and Sugars
- √ High fat meats, such as bologna, bacon, and sausage, are served no more than once per week.
- √ Fried or pre-fried vegetables, including potatoes, are served no more than once in a 2-week period.
- √ We limit sweet food items to no more than once per week.

Role of Staff in Nutrition Education
- √ Staff provide opportunities for children to learn about nutrition 1 time per week or more.
- √ Staff act as role models for healthy eating in front of the children.
- √ At least 1 staff member joins children at the table for meals and snacks.

Meal and snack times are planned so that no child will go more than four hours without being offered food. We provide a variety of nutritionally balanced, high quality foods each day so please do not send your child with outside food and drinks.
<You may want to insert a statement here about <u>your</u> center's policy for a family who wants to send an individual child's packed lunch or snack from home.>

Weekly Menus

Our weekly menus are carefully planned to follow child care nutrition guidelines at every meal. Each menu is designed to provide a wide variety of nutritious foods that are different in color, shape, size and texture. All of our child care menus include foods that are culturally diverse and seasonally appropriate. We also like to introduce new and different foods and include children's favorite recipes in our menu planning. Menus are rotated on a ***<Insert your center's menu-rotation here>*** week basis to provide the children with a balance of variety and familiarity. Menus are adapted to incorporate local and fresh in-season produce when available.

Nutrition and Punishment

Staff will never use food as a reward or as a punishment.

<You may want to include the Celebrations section that follows. However, it would need to be adapted to state your center's policy concerning birthday and holiday observances.>

Celebrations

From birthday parties to holidays there are many opportunities for celebrations in our child care center. A birthday party will be held monthly in each classroom. If you would like to recognize your child's actual birthday, we request that you not send in treats or goody bags but instead send a birthday book. For holiday celebrations, a sign–up sheet with specific foods and beverages will be placed on the classroom door.

Professional Development

Annual nutrition training is required to ensure that all staff understand the important role nutrition plays in the overall well-being of children.

My signature below indicates that I have received a copy of the nutrition policy, it has been reviewed with me, and I have read and understand this policy.

Signature_____ **Date**_____

Please circle as appropriate: STAFF   PARENT

If parent, name of child_____