

SAMPLE FOOD AND NUTRITION GUIDELINES

Name of your childcare, strives to provide the best care for children. Part of providing high quality childcare is serving fresh, nutritionally adequate meals and snacks. The following is a nutrition policy developed by Name of your childcare to ensure that children receive safe and nutritious food, are provided with an eating environment that promotes healthy dietary habits, and learn about food and nutrition. Please take a moment to look it over.

GOAL:

To ensure that children receive safe and nutritious food, are provided with a healthy eating and physical activity environment that promotes, and learn about food, nutrition and active play.

Practical Procedures

- A list of foods recommended and discouraged will be given to all families when their child is enrolled. If parents bring food from, they are encouraged to follow recommendations.
- 100% fruit juice will be served. We discourage the use of sweetened beverages (Sunny Delight, Fruit Punch, soda, etc).
- 1% milk will be served to children over 2 years.
- Active play is encouraged and TV viewing is limited.
- Special occasions will be celebrated with healthy alternatives such as smoothies, fruit with yogurt or 100% fruit juice popsicles.
- Food will not be used as a reward or punishment. While one piece of candy doesn't amount to much in one day, it does add up over time and ties foods to feelings. See Sugar in Candy Rewards handout for more information.
- Care providers will be encouraged to:
 - Sit with children at mealtimes.
 - Organize food awareness activities.
 - Give children practical experience in food preparation.
 - Discuss with children the foods they are eating.
 - Celebrate special occasions with appropriate foods.
 - Provide free and structured play environments

