



# Nutrition Policy

*As a commitment to your child's health we follow these feeding guidelines:*



## **Meals Meet USDA ~ CACFP Guidelines**

Meals and snacks served to children meet the USDA Child and Adult Care Food Program (CACFP) meal pattern requirements, which are available upon request.

## **Variety of Food ~ Reduced Fat Milk**

We serve a variety of healthy foods with emphasis on plenty of whole grain breads and cereals, fresh fruits and vegetables and protein from both animal and vegetable sources. We serve reduced fat milk (1%) after age 2 years.

## **High Nutrient Value Foods**

We serve foods of high nutrient value. We limit high fat, high sugar foods that are low in nutrient value, in an attempt to help children learn to enjoy healthy foods. Fruit juice will not be served more than once a day and in child size portions. Children always have access to drinking water.

## **Frequent Meals and Snacks**

Children need many chances during the day to eat in order to insure that their small tummies do not get too hungry. Meals and snacks are offered to children at least every 2-3 hours.

## **Iron Fortified Formula ~ Breast milk**

In accordance with the American Academy of Pediatrics recommendations, infants are fed expressed breast milk or an iron fortified formula for the entire first year. When the infant is developmentally ready, and with your approval, solids will be introduced. Infants are always fed on demand and held for bottle

## **Hand washing**

Hands are always washed before all meals and snacks.

## **Pleasant Mealtime Environment**

We strive to make our mealtime environment pleasant. We believe that sitting and eating with children provides an opportunity for positive role modeling and social interaction.

## **Division of Responsibility ~ Family Style**

We serve family style whenever possible because it is important for children to learn to serve themselves. We never force, trick or coerce a child into eating. We honor the division of responsibility in feeding children, acknowledging that our role as care givers is to provide nourishing food and it is the role of the child to decide how much to eat.

## **Children Gain Confidence in Eating**

Appropriate furniture, utensils and dishes will be used at mealtimes. Children will gain confidence in eating as they learn to eat successfully on their own.

## **Nutritious Foods and Snacks**

We strive to make meals and snacks as nutritious as possible. We ask that you help support these policies by leaving all sweets at home, unless special arrangements have been made in advance. We will be happy to share newsletters and other nutrition related information with you.

## **Special Occasions**

Birthdays are a special time for families at home. We honor and celebrate birthdays here during our afternoon snack. Guidelines for bringing food for celebrations will be distributed.

