

Kiwanis Day Care Center  
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 children in our facility, Kiwanis Day Care Center has developed the following child care nutrition policies to encourage the development of good eating habits that will last a lifetime.

**Child Care Nutrition**

Kiwanis Day Care Center follows the child care nutrition guidelines recommended by the USDA CACFP (Child and Adult Care Food Program) for all 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 at least once a day.
- ✓ We offer a variety of fruits and vegetable of varying colors and types to help ensure adequate nutrient intake.

*Grains*

- ✓ We serve whole grain foods at least once a day.
- ✓ All grain products, including cereals, must contain < 6 grams of sugar per serving.
- ✓ Sweet grains/baked goods may only be served once per two week cycle as snack.

*Beverages*

- ✓ We serve only skim or 1% milk to children age 2 and older.
- ✓ Whole milk is served to children ages 12 - 24 months.
- ✓ We limit juice intake to once per day, no more than 4 ounces may be served. When served, the juice is 100% fruit juice.
- ✓ We do not serve sugar sweetened beverages.
- ✓ We do not offer juice for infants under 12 months of age.

*Meats*

- ✓ Lean and low-sodium meat, skinless poultry, fish, cooked beans and peas, nut butters, eggs, and fat-free or low-fat yogurt and cheeses will be emphasized when the menu is planned.
- ✓ Meat and meat alternatives served must meet the requirement of < 35 % of calories from total fat; no more than 10% of calories from saturated fat; and less than 0.5 grams of trans fat.
- ✓ High fat meats, such as bologna, bacon, and sausage are served no more than once per two week cycle.

**Role of Staff in Nutrition Education**

- ✓ Staff provides opportunities for children to learn about nutrition.
- ✓ Staff act as role models for healthy eating in front of the children.

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. Children are not allowed to bring in packed lunches or individual snacks from home.

### **Menus**

Our 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 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.

### **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 the class to enjoy. For holiday celebrations, a sign-up sheet with specific foods and beverages will be placed on the classroom door. Please note that even during holiday celebrations, our nutritional guidelines need to be followed.

### **Infant Meal Planning**

Infants will be fed upon their own individualized schedule. Our infant meals follow the Child and Adult Food Program guidelines. The guidelines are posted in our infant classroom and a copy is provided in your enrollment packet.

### **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. Additionally, all staff must go through a food handler's class.

*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 \_\_\_\_\_