Acknowledgements

A special thank you to:

- **Centers for Disease Control and Prevention (CDC)**
  - For generous funding support and expertise

- **Nemours**
  - For their expertise, materials, support, and time spent on the project’s implementation

- **Gretchen Swanson Center for Nutrition**
  - For the evaluation component of this national effort
Learning Session 2

The ABC’s of a Healthy Me!
Go NAP SACC*

Serving Meals Family-Style & Supporting Breastfeeding
Continue Action Plan & Storyboard

Reducing Screen Time & Celebrating Success
Continuing the process of change

Nurturing Healthy Eaters & Providing Healthy Beverages
Action Plan

Getting Kids Moving
Continue Action Plan & Storyboard

*Go NAP SACC is a Nutrition and Physical Activity Self Assessment for Child Care for ECE settings comparing their current practices with a set of best practices

Learning Session 2 Objectives

At the end of the Learning Session, participants will be able to:

1. Describe best practices for healthy eating and identify change opportunities within their program.

2. Start creating an Action Plan to implement one or two changes in the area(s) of healthy eating, physical activity, screen time, and/or breastfeeding support.

3. Start creating a storyboard to document and communicate the process of healthy change.
LS1 Action Period

Part A: Best Practices for Healthy Eating
YOU are the key to helping kids grow up healthy!

- As a provider, you have a strong influence on the foods and beverages children consume
  - Keep your influence on foods and beverages positive
  - Encourage consumption of healthy foods
- Food preferences develop early
  - Help children develop a preference for healthy foods like fruits and vegetables
Considerations for Healthy Eating

- **Food groups**
- **Variety within food group**
  - Example: rotate protein source with beans, fish, poultry, red meat, etc.
- **How often to serve certain foods (over the course of a week)**
- **Healthier options for preparing food**
  - Example: baked vs. fried
- **Portion sizes**

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Food Groups

- All meals for toddlers and preschoolers (and adults!) should include the five food groups shown in the ChooseMyPlate image:
  - **Fruits** – a colorful variety of whole or bite-sized fruits is best
  - **Vegetables** – especially red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli
  - **Grains** – at least half should be whole grains
  - **Dairy** – fluid milk and foods made from milk that retain their calcium content (e.g., yogurt and most cheeses)
  - **Proteins** – choose a variety, such as beans, peas, eggs, nuts, seeds, fish, poultry, and lean meats
Background Information

- **Dietary Guidelines for Americans**
  - Updated every 5 years
  - The latest version, *2015-2020 Dietary Guidelines for Americans*, was released in December 2015
  - Developed for individuals age 2 and older
  - Provides advice on how to maintain a healthy weight, reduce chronic disease, and maintain overall good health

- **Child and Adult Care Food Program (CACFP)**
  - Used in ECE settings
  - Provides guidance for meal patterns and serving sizes
  - New CACFP meal patterns were released April 25, 2016
    - Now aligns with the *Dietary Guidelines for Americans*
    - As of October 1, 2017, participating programs must follow the new meal patterns

CACFP Meal Components

- **Milk (fluid)**
- **Fruits***
- **Vegetables***
- **Grains**
  - Rice
  - Bread
  - Pasta
- **Meat and meat alternatives**
  - Meat (example: chicken, turkey, fish, beef, etc.)
  - Eggs
  - Cheese
  - Beans
  - Yogurt
  - Nuts and nut butters

*The new CACFP meal patterns separate fruits and vegetables into their own components. This encourages a greater variety of fruits and vegetables be served at mealtime. To encourage children to eat more vegetables at mealtime, two different vegetables can also be served instead of one fruit and one vegetable.
CACFP Serving Sizes

- Use CACFP recommended serving for each age group
- If children are still hungry, allow them more food:
  - Encourage them to check in with their tummy (hunger cues)
  - Encourage fruits and vegetables first
- Serving sizes are a minimum, not maximum

Infant Meal Patterns

[Infant Meal Patterns image]
Child and Adult Meal Patterns: Ages 1-2

Child and Adult Meal Patterns: Ages 3-5
Best Practices (optional, but encouraged)

Nemours Best Practices for Healthy Eating
Serve fruits and vegetables at every meal

- Most children do not eat the recommended amount of fruits and vegetables each day
- Fruits and vegetables provide many essential nutrients
- Introduce fruits and vegetables early and often
  - It may take up to 18 tries for a child to consider a new food to be “normal”
- Serve WHOLE fruits and colorful vegetables

100% Juice

- If served, juice should be 100% juice
  - Limit portion sizes
  - Children under 12 months should never be served juice
  - Children one year and older should not drink more than 4-6 ounces of juice per day
- Always check the nutrition labels to ensure 100% juice
- Most toddlers and preschoolers drink more than six ounces of juice every day at home
  - Best practice to not serve any juice at all
  - Replacing juice with water is cost-saving too!
Milk

- Serve only 1% (low-fat) or skim (non-fat) milk to children two years and older.

Water

- Water should be available at all times (inside and outdoors)
- Water keeps children hydrated best
- Water should be consumed throughout the day.
  - Encourage children to drink water by making water visible and available both inside and outside.
- Water also reduces acid in the mouth that can cause cavities
- CACFP now requires programs to offer water
  - This means asking children whether they would like water at different times throughout the day
Don’t serve fried or pre-fried foods

- “Fried” = food that you or your vendor cook by covering or submerging it in oil, shortening, lard, or other animal fat
- “Pre-fried” = food that you or your vendor buy already fried, even if you finish cooking it in the microwave or in the oven.
- French fries, tater tots, hash browns, chicken nuggets, and fish sticks are the most commonly served fried and pre-friend foods in ECE
Avoid Processed Meats

- Processed meats = meats that have been cured, smoked, dried, canned, dehydrated and/or combined with chemicals and enzymes
  - hot dogs, bologna, deli meats, sausage, bacon, pepperoni, and salami

Sugar

- Avoid foods and beverages with added sugar and those that naturally contain high levels of sugar
- Added sugar = sugar that a food did not contain in its original form
- Be aware! Many foods, especially those that are highly processed and marketed to children (such as breakfast cereals, yogurt products, snack foods)
Sugar Sweetened Beverages Activity

Hidden Sugars

www.ahealthierwei.com
Healthy Celebrations

- Have policies for foods and beverages sent from home, including for celebrations and holidays
- Meals and snacks sent from home are often too high in sugar, fat, and salt
- A policy that sets clear nutrition expectations and suggestions for food brought from home lets parents know gently but firmly that your program is committed to maintaining a healthy environment
Healthy Celebrations

Welshes and celebrations are exciting and special moments in children’s lives. Whether you support healthy habits by celebrating events in a healthy way, as Welshes plan, they often become the highlights of community celebrations. The center prioritizes to ensure all children can feel the excitement in the community that healthy celebrations can bring. Welshes challenge more typical and unhealthy celebrations. The emphasis is on healthy celebrations.

Tips for Healthy Celebrations:

- Include healthy foods in the menu.
- Offer healthy beverages.
- Serve healthy snacks.
- Use healthy fats.
- Choose healthy portion sizes.
- Provide healthy eating options.
- Encourage healthy physical activity.
- Limit screen time.
- Avoid sugary drinks.
- Choose healthy desserts.

Suggested Healthy Foods:

- Fresh fruits and vegetables
- Whole grains
- Low-fat dairy products
- Lean meats and poultry
- Nuts and seeds
- Legumes

Suggestions for Healthy Snacks:

- Fruits
- Vegetables
- Whole grains
- Nuts
- Yoghurt
- Cheese

Healthy Fundraising

Fundraising is a necessary activity for many community care and education providers to help support quality programming. Welshes encourage fundraising that promotes healthy eating, physical activity, and environmental sustainability. Welshes believe that healthy fundraising can be fun and rewarding while supporting healthy eating habits among all children.

Tips for Healthy Fundraising:

- Focus on healthy foods and beverages.
- Encourage physical activity.
- Avoid high-sugar and high-fat foods.
- Limit screen time.
- Provide healthy snacks.
- Encourage healthy physical activity.
- Limit sugary drinks.
- Choose healthy desserts.

Suggested Healthy Foods for Fundraising:

- Fruits
- Vegetables
- Whole grains
- Nuts
- Yoghurt
- Cheese

Sample Policy Statement:

Welshes’ policy on fundraising encourages healthy habits and healthy choices. Healthy fundraising activities should promote healthy eating and physical activity, and should be a fun and enjoyable experience for all.

Recommended Fundraising Activities:

- Bake sales
- raffles
- healthy snacks
- physical activity
- healthy beverages
- healthy desserts

Not Recommended Fundraising Activities:

- Raffles
- bake sales
- healthy snacks
- physical activity
- healthy beverages
- healthy desserts

Nemours Healthy Fundraising policy is designed to support healthy choices and healthy habits. It encourages fundraising activities that promote healthy eating and physical activity. Welshes believes that healthy fundraising can be fun and rewarding while supporting healthy eating habits among all children.
Menu Planning

- Develop written menus showing all foods that will be served during a month
- Make written menus available to parents/guardians
  - Posted menus make it easier for families and child care staff to work together successfully in dealing with “picky eaters” or children with food texture aversions
- Include a combination of both new and familiar foods on weekly menus

Menu Analysis Activity
Part B: Healthy Environments

The Social Ecological Model
Healthy Environments

- **Eating environment**
  - Provide visuals, use materials, serve food, and role model healthy choices and eating habits

- **Classroom and outdoor environment**
  - Create a safe and open space for children to move around

- **Breastfeeding environment**
  - Provide a quiet and relaxing space for breastfeeding mothers to use when at the center

- **Teaching/Activity environment**
  - Build nutrition and physical activity education into the existing curriculum

- **Home environment**
  - Use parent newsletters to encourage parents to adopt healthy habits that are taught in the classroom

Creating a Healthy Eating Environment for Children

- **Family-style dining is considered a best practice**
  - Enjoy each other at meal time
  - Children and adults sitting together to enjoy foods and beverages in a manner that supports children’s independence
  - Offer healthy choices: fruits and/or vegetables, whole grains, and lean protein at every meal
  - Offer age-appropriate portion sizes and serving utensils consistent with CACFP guidelines
    - As of October 1, 2017, programs must follow the updated CACFP guidelines, which support family-style dining in the classroom
  - Respond to hunger and feeding cues so children recognize them
  - Role model at mealtime
Healthy Environments

Creating a Healthy Eating Environment for Children

- Do not use foods or beverages as a punishment or a reward
  - This places unnecessary importance on food and undermines the development of healthy eating habits
- Do not force or bribe children to eat
  - Forcing children to “clean their plate” encourages children to eat when they are not hungry. This can lead to a distaste for the nutritious foods they are forced to eat
Creating a Healthy Eating Environment for Infants

- Support breastfeeding moms with access to a private space to feed or pump
- Encourage and support the feeding of expressed breast milk
- Gently introduce solid foods, in collaboration with family, around 6 months of age
- Feed infants on demand rather than on a fixed schedule so they learn to eat when they are hungry
- If participating in CACFP and following the new infant meal patterns, the program will now be reimbursed if:
  - The mother directly breastfeeds her infant at the program
  - The provider offers the mother’s expressed breast milk or infant formula to the infant

Division of Responsibility in Feeding

- **Who is responsible, the child or the provider?**
  1. Who decides **what** food will be served?
  2. Who decides **when** food will be served?
  3. Who decides **where** the food will be served?
  4. Who decides **how much** food will be eaten?
  5. Who decides **whether** or not a food is eaten?

- **Who is responsible, the infant or the provider?**
  6. Who decides **what** food will be served?
  7. Who decides **when**, **where**, **how much**, and **whether** food is eaten?
Nutrition Education for Children and Staff

- Use evidence-based resources for structured lessons focused on healthy foods and eating habits
- Introduce and encourage healthy foods through routine classroom and daily activities
  - **Literacy**: Use books that introduce healthy foods and model healthy eating habits.
  - **Math**: Count fruits and vegetables, sort foods by color or shape.
  - **Science**: Explore healthy food through senses (i.e., watch the growth of a potato, or plant vegetables in a garden).
  - **Art**: Children use their imaginations and draw pictures using fruits and vegetables. Use pieces of fruit to make edible sculptures, funny faces, and animals.
  - **Pretend play**: Have plenty of healthy pretend foods available for play in your housekeeping area.

Discussion:

How can you enhance the program environment to make it healthier?
How Do National and State Best Practice Guidelines Support Your Work to Help Children Grow Up Healthy?

Part C: Healthy Recipes
What’s Cooking? USDA Mixing Bowl

www.whatscooking.fns.usda.gov

Lunch
Part D:
Facilitating Change in Your Program

The Social Ecological Model

Child
Family
ECE Program Staff
ECE Program Environment
ECE Program Policies
Selecting goals and making them SMART

<table>
<thead>
<tr>
<th>Specific</th>
<th>Measurable</th>
<th>Attainable/Achievable</th>
<th>Relevant</th>
<th>Time bound</th>
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**Action Plan Worksheet**

Start Date: January 2018

ECE Program Name:

Goal: Revise the menu over a three month period to align with best practices for fruits, vegetables, whole grains, and elimination of fried foods.

<table>
<thead>
<tr>
<th>Child</th>
<th>Family</th>
<th>Program Staff</th>
<th>Program Environment</th>
<th>Program Policies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model curiosity and enjoyment of healthy foods during all meals and snacks (Ongoing, Program Staff)</td>
<td>Ask families for healthy food recipes to be included on the new menus (February, Teachers and Director)</td>
<td>Learn about best practices through training sessions (January, Program Director and Cook)</td>
<td>Develop display in lobby to share information, resources, and healthy recipes (January, Program Director)</td>
<td>Include healthy eating as a required topic at family orientation (January, Program Director)</td>
</tr>
<tr>
<td>Discuss new menu changes with the children and how they help them grow up strong and healthy! (February, Program Staff)</td>
<td>Work with families to develop an exciting taste test event for children, families, and stuff to try and then vote on new menu items (February, Teachers and Program Director)</td>
<td>Involve staff in DVD viewing and discussion about the importance of role modeling healthy eating (January, Program Director)</td>
<td>Post menus in lobby (Ongoing, Program Director)</td>
<td>Menus will align with LMDC goals for fruits, vegetables, whole grains, and fried foods (February and ongoing, Program Director and Cook)</td>
</tr>
<tr>
<td>Develop taste tests and graph the results of the classroom preferences for new foods (February, Teachers)</td>
<td>Schedule quarterly events focused on healthy foods (Ongoing, Teachers)</td>
<td>See if families' healthy recipe ideas can be incorporated into menu (February, Program Director and Cook)</td>
<td>Develop systems for ordering, storing, and monitoring food (March, Program Director and Cook)</td>
<td>Include healthy eating policy and rationale in family and staff handbooks (March, Program Director)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Take photos of children enjoying healthy food and share with families (Ongoing, Teachers)</td>
<td>Create and hang documentation of children engaged in healthy eating or nutrition activities (Ongoing, Teachers)</td>
<td>Create a healthy celebrations policy (March, Program Director)</td>
</tr>
</tbody>
</table>
Child

- This column lists actions that staff can take to encourage and guide children’s learning

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Family

- This column outlines ways that staff can support families in understanding the reason for healthy changes within the program

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**Program Staff**

- This column details activities for staff that increase children’s learning and family support, plus their own knowledge of healthy changes

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**Program Environment**

- This column lists projects that will help move the program towards meeting the goal and completing action steps

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Program Policies

- This column notes changes that the program needs to make to continue new practices

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Your Action Plan

- Using the five areas of improvement identified from the Go NAP SACC results, choose 1-2 areas to work on for the Action Plan
- Goals and action steps should include practices and policies from at least one of the following:
  - Healthy eating
  - Healthy beverages
  - Physical activity
  - Screen time limits
  - Breastfeeding support
- Think about the Social Ecological Model to create and support lasting change
Sample Goals

- **Children eat healthy food in the program:**
  - Revise menus over a 3 month period to align with best practices
  - Engage children in weekly, planned activities to increase healthy eating and awareness of healthy habits
  - Implement family-style dining

- **Children drink only healthy beverages in our program:**
  - Make water accessible to children throughout the day, inside and outside
  - Serve only nonfat milk to children 2 years and older for all meals
  - Stop serving juice and sugar sweetened beverages

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**Action Plan Worksheet**

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<th>Program Environment</th>
<th>Program Policies</th>
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</thead>
</table>

Start Date: 
ECE Program Name: 
Goal:
Technical Assistance Groups

Action Plan

LS2 Action Period

The ABC's of a Healthy Me!
Go NAP SACC*

Serving Meals Family-Style & Supporting Breastfeeding
Continue Action Plan & Storyboard

Reducing Screen Time & Celebrating Success
Continuing the process of change

Nurturing Healthy Eaters & Providing Healthy Beverages
Action Plan

Getting Kids Moving
Continue Action Plan & Storyboard

*Go NAP SACC is a Nutrition and Physical Activity Self Assessment for Child Care for ECE settings comparing their current practices with a set of best practices.
Facilitating Change in Your Program: LS2 Action Period

- Facilitated by the program Leadership Team
  - Training for program staff
  - Mini-version of the Learning Session that the Leadership Team attended
- Opportunity to:
  - Complete the Learning Session 2 Group Discussion Worksheet
  - Implement the action steps for the children and family identified for the 1-2 areas programs would like to improve upon
  - Collaborate with program staff to start a storyboard demonstrating what area(s) the program improved
- Trainers provide technical assistance (TA)

Creating a Storyboard

- Programs will express their story of change by:
  - Describing what change(s) were made and how they did it
  - Sharing who was involved in the process
  - Explaining accomplishments and challenges faced
  - Sharing photos of the implementation process
  - Describing how participants reacted to the change(s)
  - Outlining any program policies that were updated as a result
  - Explaining the next steps they will take to sustain the change(s)
Sample Storyboards

Early Learning Standards
Physical Activity Break
Challenge: Child Preferences

- Children can be picky eaters!
  - They often refuse to try fruits, vegetables, other new foods, or foods prepared in new ways

- Solution #1: Help children become familiar with new foods
- Solution #2: Make new foods fun and appealing
- Solution #3: Connect the kitchen to the classroom
Why are children reluctant to try new foods?

Challenge: Cost

- You need to provide meals and snacks on a budget, but fresh fruits/vegetables and healthier, non-fried meat options can be costly

- Solution #1: Be a savvy shopper
- Solution #2: Prevent food waste
- Solution #3: Get involved with a community garden to grow your own fruits and vegetables
- Solution #4: Create partnerships with community farmers and organizations
Farm to Early Care and Education

Challenge: Storage and Preparation Demands

- Fresh fruits/vegetables need to be stored until they are used. Whole fruits/vegetables also must be peeled, chopped, and cooked, and that requires time you don’t have

- Solution #1: Maximize your storage capacity
- Solution #2: Maximize your efficiency in food preparation
- Solution #3: Use cycling menu plans
Challenge: Unhealthy Recipes

- Hundreds of recipes claim to be healthy, and you don’t have time to find good options for your program

- Solution #1: Start with recipes from a few, trusted sources
- Solution #2: Be creative in your seasonings
- Solution #3: Go raw for fruits and vegetables

Part F: Extending Your Learning - Staff, Families and Program Policies
Healthy Weight

- Healthy weight means you are not overweight or obese
- Weight is a concern because of health, not appearance
- Healthy weight ≠ health
- Small changes can make you feel great!
- Remember, weight should not be discussed with children

Healthy Weight

- To maintain weight, energy in = energy out
- Energy (calories) in
  - Find your calorie goal
  - Increase awareness!
  - Increase fruits and veggies
  - Reduce portion sizes
  - Eat a nutrient dense breakfast
- Energy (calories) out
  - Increase physical activity
  - Limit inactivity (screen time, sitting, etc.)
**Staff Involvement & Environment**

- Have books, posters, and toys that remind children of healthy foods
- Teach about eating and enjoying healthy foods
- Sit, eat, and engage with children during meals
- Eat the same food and drinks children are eating
- Talk about trying and enjoying new foods
- Eat only healthy foods and drinks in front of children
- Make food and eating a topic of conversation with parents at pick up and drop off

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**Create a Healthy Habits Calendar**

<table>
<thead>
<tr>
<th>Weekday</th>
<th>Healthy Habit (Challenge)</th>
<th>本月任务</th>
<th>Previous Reward</th>
<th>Healthy Habit (Challenge)</th>
<th>本月任务</th>
<th>Previous Reward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Have a nutritious snack</td>
<td></td>
<td></td>
<td>Teach about eating and</td>
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<td></td>
<td></td>
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<td>enjoying healthy foods</td>
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<tr>
<td>Monday</td>
<td>Have a nutritious snack</td>
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<tr>
<td>Tuesday</td>
<td>Have a nutritious snack</td>
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<tr>
<td>Wednesday</td>
<td>Have a nutritious snack</td>
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<tr>
<td>Thursday</td>
<td>Have a nutritious snack</td>
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<tr>
<td>Friday</td>
<td>Have a nutritious snack</td>
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</tbody>
</table>

- Morning: Have a nutritious snack in the morning.
- Afternoon: Eat a healthy snack in the afternoon.
- Evening: Have a nutritious snack in the evening.

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**Additional Notes:**

- Encourage children to eat a variety of fruits and vegetables.
- Limit sugary drinks and snacks.
- Encourage physical activity daily.
- Monitor screen time and encourage outdoor play.
Bringing It Home

- Encourage families to serve a variety of foods when they send lunches from home
- Guide parents by sharing lists of foods that present a variety of whole grains, fruits, vegetables, lean protein, and low fat dairy
- Use MyPlate to help families categorize foods and prepare lunches with a variety nutrients
- Serve new foods in the classroom and encourage parents to do the same at home
  - Discuss the taste, smell, and touch of the food
  - Offer a new food multiple times in a month so children become familiar

Healthy Eating at Home

- The American Academy of Pediatrics recommends that families can support healthier eating habits by:
  - Buying fewer sugar-sweetened beverages, high-calorie snacks and sweets
  - Purchasing food for celebrations close to the event, and storing the food immediately afterwards to avoid foodborne illnesses
  - Healthy foods and beverages should be readily available and in plain sight on the kitchen table or counter, or in the front of the shelf in the refrigerator
  - High-calorie foods should be less visible – wrapped in foil rather than clear wrap, and placed in the back of the fridge or pantry
  - Encourage children to eat five or more servings of fruits and vegetables each day
Partnering with Families

- **Get to know families and shared expectations:**
  - Communicate nutrition policies when children enroll and regularly throughout the year to avoid conflict and confusion
  - Provide written menus and ask for feedback
  - Work together on feeding plan for each child
    - Also, care plans for children with allergies
  - Accommodate vegetarian, vegan, religious, and cultural diets
  - Provide nutrition education for families throughout the school year in addition to using teachable moments
  - When introducing new foods at meals, make sure parents know and encourage them to add that food to their home menus as well for consistency and exposure

Policies and Procedures

- **Annual and on-going staff training**
- **Food and nutrition services**
  - Use a Nutritionist/Registered Dietitian to develop written menus
  - Written plan for requirements of:
    - Foods served
    - Allergy considerations
    - Staff interaction with children during meals
    - Staff foods aligning with rules
- **Nutrition education for parents**
- **Nutrition education for children integrated in to the classroom curriculum**
CACFP Handbook

Resources

- Healthy Kids, Healthy Future
  - www.healthykidshealthyfuture.org
- MyPlate for Preschoolers
  - http://www.choosemyplate.gov/preschoolers.html
- Nutrition and Wellness Tips for Young Children
  - www.teamnutrition.usda.gov
- Nemours’ Best Practices for Healthy Eating
  - www.healthykidshealthyfuture.org
- Child and Adult Care Food Program (CACFP)
  - www.fns.gov/cacfp
  - To locate the State agency for CACFP, visit: www.cacfp.org/resources/usda-stage-agencies/
Check-Out

Trainer Contact Information