

# I Want to Grow Up Healthy, So Please...

Understand that I may not eat all my food. Remember, my tummy is small.

Let me say "no" to foods.

Understand that sometimes I spill or get messy.

Encourage me to feed myself, please don't rush me.

Offer me a variety of healthy foods daily, especially fruits and vegetables, at regular meals and sit-down snacks.



Don't use foods to reward, bribe, punish or comfort me.

Be patient, because it may take ten or more times before I will eat something new.

I learn new skills like pouring, scooping and passing when given the opportunity to serve myself. I like to help.

Give me age appropriate finger foods for practice. Protect me from choking.

Remember, I know how much to eat, but I need help in choosing foods that will help me learn and grow.

- Everyone who cares for children has an important role in promoting their nutritional health.
- Being a good role model is the best teacher because children learn from us as we talk and eat together.
- These early years are an opportunity to develop healthy habits for a lifetime.

## Sample Nutrition Policy

As a commitment to your child's health, this child care program follows these guidelines in feeding your child:

-  Meals and snacks served to children will meet the USDA Child and Adult Care Food Program (CACFP) meal pattern requirements, which are available upon request.
-  We serve reduced fat milk (1%) after age 2 years. We will encourage 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 will serve foods of high nutrient value. We will 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 servings. Children will always have access to drinking water.
-  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 will be offered to children at least every 2-3 hours.
-  In accordance with the American Academy of Pediatrics recommendations, infants will be 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 will **always** be fed on demand.
-  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.
-  We serve family style whenever possible because it is important for children to learn to serve themselves. We will never force, trick or coerce a child into eating. We will honor the division of responsibility in feeding children, acknowledging that our role as caregivers is to provide nourishing food and it is the role of the child to decide how much or even whether to eat.
-  Our child care setting uses size appropriate furniture, utensils and dishes at mealtime. Children will gain confidence in eating as they learn to eat successfully on their own.
-  As we try 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.
-  Hands are always washed before all meals and snacks.

