

Shaneann's Child Care Nutrition Plan

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 the children in our facility Shaneann's Child Care has developed the following child care nutrition policies to encourage the development of good eating habits that will last a lifetime.

Child Care Nutrition

Shaneann's Child Care follows the child care nutrition guide lines recommended by the USDA CACFP (Child and Adult Care Food Program) for all the foods we serve. To provide a healthy and balanced diet that includes fruits, vegetables, and whole grains and limits food and beverages that are high in sugar, and/or fat, our nutrition policy includes the following:

Fruits and Vegetables

- We serve fruit and least 2 times a day.
- We offer a vegetable other than white potatoes at least once a day.

Grains

- We serve whole grain foods at least once a day.

Beverages

- We limit juice intake to once per day in a serving size specified for the child's age group. When served, the the juices is 100% fruit juice.
- We do not serve sugar sweetened beverages.
- We serve only skim or 1% milk to children age 2 years and older.

Fats and Sugars

- High fat meats, such as bologna, bacon and sausage, are served no more than two times per week.
- Fried or pre-fried vegetables, including potatoes, are served no more than once per week.
- We limit sweet food items to no more than two times per week.

Role of Staff in Nutrition Education

- Staff provide opportunities for children to learn about nutrition 1 time per week or more.
- Staff act as role models for healthy eating in front of the children.
- We include 2 hours or more of professional training on nutrition out of the 24 hours required.

Meal and snack time 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 so please do not send your child with outside food and drinks.

We do understand and allow you to bring your child their own food if they have an allergy or special diet. We ask that all food is labeled with the child's name and date.

Infant Feedings

At Shaneann's Child Care we strive to accommodate each child's needs and understand that every baby has a different pattern of eating. In most cases, we believe that feeding "on cue" is the healthiest way to eat. In other words, we will feed your infant when he/she shows signs of being hungry, and we will stop feeding when she shows signs of being full.

The CACFP and American Academy of Pediatrics recommends waiting until about 6 months of age before starting solid foods. We only bottle-feed infants less than 6 months with mother's milk or formula (no water or juice unless requested by a physician, you must have a signed Dr. note). Infants over 6 months are spoon-fed age-appropriate solid foods and given water, in addition to breast milk formula, when they are able to drink from a cup.

Parents are required to provide clean, labeled bottles daily. Labels should include the infant's name and date and time of preparation.

You will receive the times and amounts that your child has eaten during the day on your daily connect account that will be started at time of enrolment.

Our front office is private and available for mothers to nurse or pump if needed.

Toddler Feedings

Once your child is one year of age they follow the meal menu that the other children follow. We go at their pace with what they can eat and make sure they are ready for the foods that we offer. All children have different eating abilities and we want to be sure that we are aware of what they can eat. We follow the CACFP serving sizes for your child's age.

Weekly Menus

Our weekly 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 rotated on a four week basis to provide the children with a balance of variety and familiarity. 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. If you would like to recognize your child's birthday with a snack we ask that you inform the teacher about what you will be bringing in so that we can also accommodate our children with allergies with the appropriate snack as to not have them feel left out. For holiday celebrations, a sign-up sheet with specific foods and beverages will be placed at the door by the sign in sheet.

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 _____

