



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 the children in our facility, Little Squirrels DayCare has developed the following child care nutrition policies to encourage the development of good eating habits that will last a lifetime.

Child Care Nutrition

Little Squirrels DayCare follows the child care nutrition guidelines 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 fruit, vegetables, and whole grains and limits foods and beverages that are high in sugar, and/or fat, our nutrition policy includes the following:

Fruit and Vegetables:

- ☐ We serve fruit at least twice a day
- ☐ We serve vegetables at least once a day

Grains:

- ☐ We serve whole grains at least once a day

Beverages:

- ☐ We serve water all day
- ☐ We serve milk (according to age) at least twice a day

Fats and Sugars:

- ☐ We serve high fat meats no more than twice a week
- ☐ We limit sweet food items to no more than once a week

Nutrition Education:

- ☐ We provide opportunities for children to learn about nutrition at least once a week
- ☐ We act as role models for healthy eating in front of the children

Meals 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 so please do not send your child outside food and drinks.

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 adapted to incorporate local and fresh in-season produce when available.

Punishment

Food will never be used as a reward or as a punishment.

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.