

*** Healthy Eating in Child Care; an overview of nutrition and health standards, nutrition principles and food safety**

Provided by: Child Care Training Consultants

- * Importance of nutrition for children
- * Guidelines for nutrition and health standards
- * My Plate
- * Mealtimes
- * Food hygiene
- * Handwashing
- * Policies
- * Menus
- * Special diets/food allergies
- * Dental health
- * Research
- * References



* Agenda

Participants will learn:

- 1) Describe the importance and benefits of eating healthy by given nutritional facts, sodium and sugar intake, and the dietary guidelines for Americans.
- 2) Identify guidelines for health standards and nutrition.
- 3) Implement policies that include but not limited to food hygiene, handwashing menus, special diets and food allergies.
- 4) Identify safety policies within child care centers given review of school policies.

 **Learning Objectives**

- * Children may eat a large proportion of their daily food consumption in child care
- * Childcare centers should adhere to hygiene regulations and nutrition standards
- * Childcare centers should be aware of all children's food allergies and intolerances

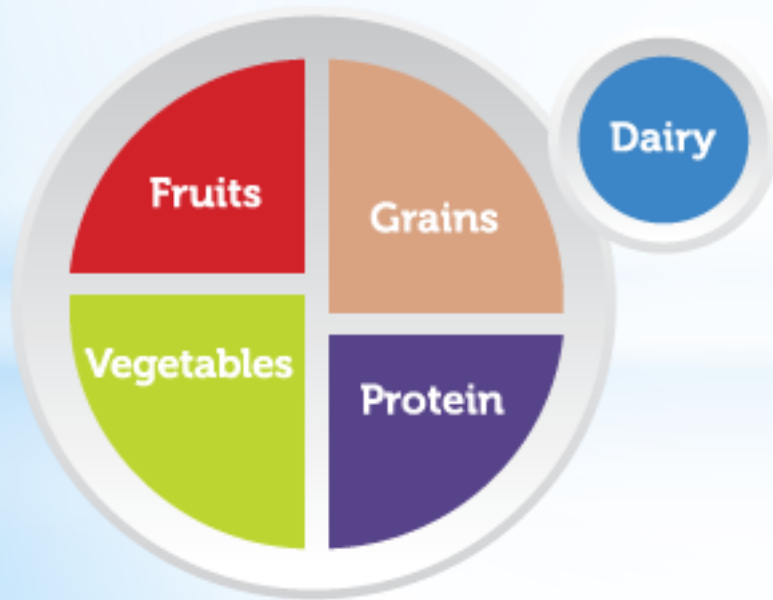
*** Why is good nutrition important for children?**

- * Respect
- * Environment
- * Culture
- * Nutrition
- * Hygiene



* Guidelines for nutrition and health standards

- * Focus on variety, amount, and nutrition
- * Choose foods and beverages with less saturated fat, sodium, and added sugars
- * Start with small changes to build healthier eating styles
- * Support healthy eating for everyone



* **My Plate**

- * Involving children in creating a healthy menu. Even younger children and toddlers can begin to talk about 'healthy' and 'not so healthy' food choices.
- * Providing children with opportunities to eat food and engage in the mealtime routines of different cultures.
- * Talking with children throughout mealtimes about nutritional food. Child care professionals should also model healthy eating practices for children.
- * Making sure that mealtimes are pleasant occasions, where children and child care professionals can socialize among each other.
- * Allowing children to exercise their independence and to make some choices during mealtimes.

* **Nutrition**

- Vegetables, fruit and legumes
- Cereals (including breads, rice, pasta and noodles) preferably wholegrain
- Lean meat, fish, poultry
- Milks, yogurts, cheeses
- Limited servings of saturated fats, margarine, butter and oils.



* Meals and snacks

- * Food should be an appropriate size and texture for the age and ability of the child so they can easily chew and swallow their food
- * Nuts and other hard foods that are difficult for young children to chew should be avoided (Some centers are nut free. Check with your center for policies)
- * Children should not be force-fed

*** Mealtimes should be relaxed and supervised**

- Regular training for all cooks and staff in safe food storage, preparation and handling of food
- Safe food handling by children and staff, including sharing of food for example when fruit platters are shared
- Adequate hand washing by staff and children
- Safe use of microwave ovens for heating food and drinks

* Food hygiene is
essential

Some of the key times to wash your hands include:

- * upon arrival at the child care program
- * before preparing, serving, or eating food
- * before and after giving medication
- * after eating
- * after using the bathroom
- * after changing a child's diaper or helping a child in the bathroom
- * after wiping noses, mouths, sores, or cuts
- * after handling body fluids such as diarrhea, blood, mucus, or vomit
- * after smoking
- * after handling raw eggs, meat, or poultry
- * after playing outdoors
- * after touching or feeding pets or other animals
- * any time your hands look or smell dirty

* Handwashing

- * Use liquid soap
- * Use warm running water
- * Scrub hands for at least 20 seconds
- * Use disposable single use towels
- * Use hand sanitizers sparingly
- * Wash infants and toddlers hands



1. Wet



2. Soap



3. Scrub 20
Seconds



4. Rinse



5. Dry



6. Use towel
to turn off
faucet

Consider the following areas when developing policies that will impact your facility's nutrition environment:

*** Healthy foods and drinks**

What should be offered? When should it be offered? How much should be offered?

*** Mealtime environment**

How does staff interact with children during meals? Do menus reflect the social, cultural and family values of the children?

*** Learning about food**

How are children involved in food preparation and awareness activities? What education do you provide for children, parents and staff?

*** Policies**

Enep'ut Children's Center

School Menu

Week Seven



Breakfast

AM Snack

Lunch

PM Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal with Raisins Pineapple 1% Milk	Scrambled Eggs with Toast Honey Apples 1% Milk	Waffles with Peaches Boiled Eggs 1% Milk	Mini Bagels with Cream Cheese Orange Slices 1% Milk	Cheerios with Apples Boiled Eggs 1% Milk
Grapes Pretzels 1% Milk	Mini Bagel with Cheese Roasted Almonds 1% Milk	Pineapple Slices Apple Crisp 1% Milk	Granola Bananas 1% Milk	Strawberries Graham Crackers 1% Milk
Meatloaf Green Beans Carrots Pears Roll 1% Milk	Oven Fried Chicken Peas and Carrots Mix Pineapples Roll 1% Milk	Bar-b-q Pork Baked Potato Bar Garden Salad Pear Salad Roll 1% Milk	Baked Fish Corn Scallop Potatoes Bananas Roll 1% Milk	Lasagna with Ground Beef Broccoli Pear Salad Roll 1% Milk
Orange Slices Bananas Raisin Bread 1% Milk	Boiled Eggs Pineapple Roasted Nuts 1% Milk	Peaches Granola 1% Milk	String Cheese and Grapes Wheat Thin Crackers 1% Milk	Apples Graham Crackers Apricots 1% Milk

Toddler and Infant meals will be serve with age appropriate food sized items.

Example:
Whole Milk
Bite sizes fruits and vegetables.

Family style dining at all meals and snacks.

Chilled water is available on the dining table during meal service.

*Menus should be on display

- * Verification of the food allergy and its level of severity, signed by a doctor
- * Have on file current health and medication forms
- * Updated emergency contact numbers on file and on the sign-in form
- * A doctor's order any necessary medications
- * Signed parental consent to administer medications
- * A sufficient supply of up-to-date medications

*** Special diets and
Food allergies**

- * Baby feeding bottles should not contain sweet drinks
- * Baby feeding bottles should not be used to settle children at rest times
- * Sugary snacks should be limited
- * Children should not get sweet foods as a reward for good behavior
- * Teeth brushing should be encouraged after meals

* **Dental health**

- * Provide a variety of foods at meals and snacks, especially whole grains, vegetables, and fruits
- * Offer repeated opportunities to taste new foods
- * Sit with children at meals, and enjoy conversation. Talk about the taste, texture, appearance, and healthful aspects of foods
- * Plan adequate time for all children to finish eating
- * Respect a child's expression of satiety or sense of being full
- * Develop a routine for serving snacks, applying the same rules whether offering carrots, crackers, or cookies

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* Overview



*Resources