

Mustard Seed Kidz

Child Care 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, **Mustard Seed Kidz** has developed the following child care nutrition policies to encourage the development of good eating habits that will last a lifetime.

Child Care Nutrition

Mustard Seed Kidz follows the child care nutrition guidelines recommended by the USDA ,C CFP(Child Food Program) for all the foods we serve. To provide a healthy and balanced diet that includes fruits, vegetables, and whole grains and limits foods and beverages that are high in sugar, and/or fat, our nutrition policy includes the following:

Fruits and Vegetables

- ✓ We serve fruit at 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 juice is 100% fruit juice.
- ✓ We do not serve sugar sweetened beverages.
- ✓ We serve only skim 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.

Meal 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 not end your child with outside food and drinks.

Vegetarian options will be provided upon request of the parent.

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.

Nutrition and Punishment

Staff will never use food as a reward or as a punishment.

Celebrations

For holiday celebrations, a sign-up sheet with specific foods and beverages will be placed on the classroom door.

Allergies

Upon enrollment at Mustard Seed Kidz parents will be asked about certain allergies that they are aware of with their child. The kitchen staff, the child's teacher, and any other staff member that will be providing care to the child will be made aware of the child's allergy and its severity. Mustard Seed Kidz will provide a substitution for the allergen. The plate that the child is served on will be marked with the substituted item.

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.

My signature on my Florida Child Care Food Form 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.

Thank you, Mustard Seed Kidz Staff