**NUTRITION POLICY**

Beverages

* Drinking water is available at all times, both indoors and outdoors
* 100% juice is offered no more than three times a week
* Only 1% milk is served to children age 2 or older

Menus and Variety

* Our facility uses a cycle menu of five weeks. Entrees are repeated no more than two times throughout the cycle and repetition of foods are minimal
* Our menus include a combination of new and familiar foods
* Menus include foods from a variety of cultures which broadens each child’s food experiences
* Food shall be supplied to children which is wholesome, of good quality, properly prepared, sufficient in amount, varied in accordance with the USDA Dietary Guidelines , age appropriate in portion and variety and served at regular hours at appropriate intervals
* A choice of at least 2 fruits and or vegetables will be included in each meal served. Such items could include but are not limited to fresh fruits and vegetables, cooked, dried or canned fruits (canned in fruit juice or light syrup) and cooked, dried or canned vegetables that contain no more than 480 mg of sodium
* We offer high fiber whole grains at least 2 times a day
* We provide visible support for good nutrition in classrooms and common areas through use of posters, pictures, and displayed books
* Menus are planned under the supervision of a registered dietician
* Information is provided to parents about their children’s daily nutrition by posting menus.

Mealtime Environment

* Meals are served family style
* Teachers engage in social interaction and conversation with children about the concepts of color, quantity, and temperature of foods.
* Staff members allow children to decide how much to eat. Children are encouraged to try new foods, but never forced to eat something they do not like.
* Staff members never use food to reward good behavior
* Staff members join children at the table for meals and snacks
* Staff members consume the same food and drink as children. Staff members do not consume other food or drinks in front of the children.
* We display pictures or posters that support healthy eating

Nutrition Education

* Staff members receive training on nutrition (other than food safety and food program guidelines) at least twice per year
* Nutrition Education opportunities are offered to parents at least twice a year.