Nutrition Education

SAMPLE POLICY

We at (name of child care site) is committed to our children health and wellness. With that understanding a wellness policy has been put into effect that focuses on (fill in blank i.e. Nutrition and physical exercise).

Nutrition is an important part of every child education. Here at (name of child care site) we believe that not only providing healthy food but educating our children on nutrition helps lead to healthier choices and live in the future. Our facility is dedicated in creating and healthy food classroom by:

Nutrition:

1. Whole grains are served during meals
2. Vegetables and fruit are always provided during meals and snack
3. Lean protein sources are provided
4. Deep fried, processed and salted meats are not served
5. Water is served throughout the day
6. 100% fruit juice is served only on special occasions
7. Candy, cookies and breaded sweet are not offered

Nutrition Education:

1. Classroom is full of food positive messages such as posters, books games, songs and toys that encourage fruits and vegetables and drinking water.
2. Monthly “Taste Test” are offered to introduce new foods and learning
3. Cooking classes and activity for children are offered weekly
4. Communication through story, song and game reflect health food choices.
5. Food activity/cooking lessons reflect different cultures and ethnicity