

Child Care Healthy Eating Policy Template

Child care centers and home care providers can adopt this healthy eating policy framework, by easily editing and filling in the information below. This can help with communication to parents about your daily schedule and dedication their children's health.

Developing healthy eating habits and behaviors starts at a young age and is something child care providers can have a positive influence on. Our staff has attended trainings to learn fun, kid approved methods and activities to encourage healthy eating habits, trying new foods, and reducing the fear of new foods.

At _____, we are committed to the following guidelines to help children develop healthy eating habits:

1. Serve a variety of healthy foods so children are being exposed to new foods.
2. Fruits will be fresh, frozen without added sugar, or canned in juice. Fruits will be offered 2 times per day.
3. Vegetables will be served without added fat and not fried. Vegetables will be offered 2 or more times per day.
4. We will provide at least one serving of each: dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables and other vegetables once per week.
5. High-fat/pre-fried meats and potatoes are rarely offered.
6. Make careful choices to reduce sodium intake by emphasizing no-sodium or low-sodium foods.
7. Parents are asked to bring healthy snacks especially fruits and vegetables. A healthy snack list is available.
8. Children are served family style to encourage development of fine motor skills, independence, healthy food intake and good table manners.
9. Caregivers model healthy eating behaviors by sitting with the children at meal times AND eating and drinking the same foods and beverages.
10. Children are encouraged to try new foods but never forced or bribed to eat a food they choose not to eat.
11. Food, especially sweets, will not be used as a reward.
12. No screen time during meal or snack time.
13. It is important for children to be well hydrated. Water will be freely available to children all day. Other healthy beverages will be offered at meal time. These include 1% or skim milk and occasionally 100% fruit or vegetable juice.
14. To help children develop healthy eating habits, we will incorporate nutrition education/activities that include tasting and cooking experiences, as well as family education into our regular curriculum.

Reference: [the Minnesota Department of Health Healthy Eating Best Practices](#)

Living Healthy in Washington County is a part of the Statewide Health Improvement Partnership (SHIP), Minnesota Department of Health