

Food and Nutrition Policy

This school follows the guidelines set forth in the Florida Department of Health's Bureau of Childcare Food Program Crediting Guide.

Within these regulations it states: Serving safe food to children is as important as serving well-balanced and appetizing meals. Preventing foodborne illness must be a top priority for staff that prepare and serve meals to young children.

Improper food handling, preparation, or storage can cause food to become contaminated with bacteria or germs that could result in children becoming sick if contaminated food is eaten. Foundations will maintain their refrigerators and freezers at the level required (Bacteria multiply quickly at temperatures between 41°F and 135°F.) Keeping foods out of the danger zone is critical to keeping food safe and children healthy.

Food Allergies: If a child has a food allergy, we will work with the family to find the appropriate substitute to keep that child safe.

Attached please find the CCFP Meal Pattern for Children.

For additional information regarding food safety, please go to

www.flhealth.gov/ccfp/ or www.foodsafety.gov

CCFP Meal Pattern for Children (*continued*)

Child care providers have the unique opportunity to ensure healthy eating habits are developed early and promote wellness to all children in their care.

Fluid Milk:

- After the child's first birthday and prior to the second birthday, whole milk must be served.
- After the child's second birthday, lowfat (1%) or fat-free (skim) milk must be served.
- Flavored milk is not allowed for children under the age of six. Children ages six and older may be served lowfat or fat-free flavored milk.
- The type(s) of milk served must be noted on the menu (fat content and flavored or unflavored).

Vegetable or fruit or juice:

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it should also be fortified with 100% or more of Vitamin C.
- Fruit juice must not be served more than once a day.
- One cup of leafy greens counts as ½ cup of vegetables.
- Less than 1/8 cup of vegetables and fruits may not be counted to meet the vegetable and/or fruit component.
- At lunch and supper, one vegetable and one fruit *or* two different vegetables may be served (two fruits may not be served to meet this requirement).

Grains:

- Grain foods must be whole grain, enriched, or made from whole grain or enriched meal or flour. Bran and germ are counted as enriched or whole-grain meals or flours. Cornmeal, corn flour, plain corn tortillas/chips, and corn grits must be designated as whole or enriched to be creditable.
- At least one serving per day, across all eating occasions, should be 100% whole grain. Whole grain-rich allowed. This must be noted on the menu (e.g. "whole grain bread" or "WG Bread" or "WGR crackers").
- Only ready-to-eat and cooked breakfast cereals containing 6 grams (g) of sugar or less per dry ounce may be served (refer to the *Florida WIC Approved Cereal List*).
- Prepackaged grain products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- Grain-based desserts (e.g. cookies, donuts, granola bars) do not count towards meeting the grains requirements.

Meat or meat alternate:

- Commercially processed combination foods (convenience entrees – frozen or canned) must have a CN Label or manufacturer's Product Formulation Statement stating the food component contribution to the meal pattern.
- A serving of cooked dry beans or peas may count as a vegetable or as a meat alternate, but not as both components in the same meal.
- Yogurt must not contain more than 23 g of total sugars per 6 ounces (15 g per 4 ounces or 3.8 g per ounce).
- At breakfast, meat/meat alternates *may* be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains (one serving).

****Please note that donated foods cannot be used to contribute to the meal pattern requirements****