Early Care and Education

Objectives

- Be able to implement Standard 4-6 with your resources
- Create the “nutrition environment” to empower children to eat healthy foods
- Be a Superhero in Action for Healthy Eating!

Who is Responsible?

- Choose and prepare the food?
- Make eating times pleasant?
- Show children what they have to learn about food and mealtime behavior?
- Whether children will eat certain foods?
- Provide regular meals and snacks?
- How much children will eat?

Ellyn Satter: Division of Responsibility

The WHAT: Healthy Plates

Listen to the MUSTN’TS, child. Listen to the DON’TS. Listen to the SHOULDN’TS. The IMPOSSIBLES, the WON’TS. Listen to the NEVER HAVES. Then listen close to me—Anything can happen, child, ANYTHING can be.”

- Shel Silverstein
**The WHAT: Healthy Plates**

- **CACFP**
  - [www.azed.gov/health-nutrition/cacfp/](http://www.azed.gov/health-nutrition/cacfp/)
- Licensing Rules and Regulations
  - [www.azdhs.gov/als/childcare/rules/](http://www.azdhs.gov/als/childcare/rules/)

**Standard 4: Child and Adult Care Food Program**

- Determine whether your site is eligible for CACFP and participate if able

**CACFP**

- Benefits of Participating
  - Reimbursement to improve your current menus with healthy food
  - Keep cost of tuition more affordable
- How to Determine Eligibility
- Contact
  - [www.azed.gov/health-nutrition/cacfp](http://www.azed.gov/health-nutrition/cacfp)
  - 1800-352-4558

**Standard 5: Fruit Juice**

- Limit Fruit Juice to no more than two times per week
  - When you serve juice
    - 100% with no added sugar
    - Only during meals and snacks
  - Portions:
    - 0 - 11 months: None
    - 1 - 5 years: ½ cup
    - 6 + years: ¾ cup

**Standard 6: Family Style Meals**

- Serve Meals Family Style and do not use food as reward

**Family Style Meals Defined**

In family style meals, all food is placed in serving bowls on the table and children are encouraged to serve themselves or serve themselves with help from an adult. The adult child care givers sit at the table with the children. Children and child care givers practice good manners in a pleasant mealtime setting.
Is this Family Style?

Why Family Style Meals?

• Advantages beyond just nutrition...
  – Social skills
  – Etiquette
  – Helping others
  – Trying new things
  – Engaging in discussion

AZ Center Licensing Rules

Lunch and dinner are family-style meals as demonstrated by at least one of the following:

• Food is served from a serving container on the table where enrolled children are seated;
• Enrolled children serve themselves, independently or with the help of a staff member, from a serving container on the table where enrolled children are seated;
• Enrolled children pass a serving container from individual to individual;
• In a facility where lunch or dinner is provided by the facility, a staff member sits at the table and eats the lunch or dinner with enrolled children; or
• In a facility where each enrolled child brings the enrolled child’s own lunch or dinner, a staff member sits at the table with the enrolled children and eats the staff member’s own lunch or dinner.
Standard 6: Family Style

- Participate, sit and interact with children at mealtime. Let kids learn by serving themselves and place nutritious food options within reach, utilizing child-friendly serving utensils and containers.
- Let the children choose what to put on their plates and let the children decide how much to eat.
- Use encouraging words and avoid negative facial expressions, body language or verbal cues in regards to the food being served.
- Talk to the children about the food and encourage them to discuss the food texture, taste, color, shape, size, quantity, number, temperature of food, etc.
- Ensure that food is not used as a reward or punishment, which may result in negative and unhealthy eating behaviors in the future.
- Healthy eating handouts (in English and Spanish) will be made available for the families at least once per year. (page 98-99)

Be Ready for Spills

Food From Home

• What if you do not provide meals? How can you provide family style meals?

• How do you help families bring healthy food from home?

Transitioning to Family Style Meals

• Start slow and small when transitioning to family style meals

• Don’t start then stop and return to your original serving style

Role Modeling

From early infancy, children learn through their interactions with others. Young children follow examples so it is important for caregivers to be good role models. Children pick up on attitudes and behaviors, including eating habits.
Why Policy

• Policies support and sustain the changes/standards you want in your center
• Create consistent messaging for children, staff, and parents
• Guides classroom decisions
• Prevents problems and provides solutions

Creating a Policy

• Sample Policies
  — Guidebook: Standard Overview Tab
  — www.theempowerpack.org

Share the Policies

• All Staff
• All Families
• Ideas?

“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher [Empowers].”

-William A. Ward

Superhero in Action

Resources

• Let’s Move Child Care
  — www.healthykidshealthyfuture.org
• Nutrition Lessons/Activities
  — Healthy Habits for Life
    • kidshealth.org/classroom/
  — Grow it! Try it! Like it!
    • USDA team nutrition website
• Family Style Videos
  — www.theempowerpack.org
Questions and Discussion

www.theempowerpack.org

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