Parent Handout:

#### *Policy 1.0 Foods from Outside Child Care, Child Care Policy 2.0 Celebrations/Special Occasions, Healthy Foods for Celebrations, Guidelines for Healthy Celebrations, Nonfood Fundraising Ideas*

## 

**Appendix B: Facility Resource Sample Policies**

## *Child Care Policy 1.0 Foods from Outside Child Care*

**PURPOSE:**  To provide clear guidance on food items the child care facility allows to be brought into the facility so that staff and parents know how to best meet the nutritional and food safety needs of the children.

**SCOPE:** Center; Large Family Child Care Home; Small Family Child Care Home

**BACKGROUND:** Child care centers play a vital role in providing safe, nutritious food in a pleasant learning environment. Eating nutritious foods and learning good mealtime behaviors are important due to the rapid growth and the major developmental changes children undergo. Mealtime can also be an opportunity for learning and developing social and motor skills and for introducing new foods. Skills such as hand washing, table manners and carrying on a conversation can be developed and reinforced at mealtime.

**SNACKS AND MEALS**: *Woolsey Academy* will provide a snack/meal to children present at scheduled snack/meal times only. This facility’s menus are regulated by the Missouri Child and Adult Care Food Program (CACFP) and meet the United States Department of Agriculture (USDA) guidelines. The snack/meal menus are posted at the center with copies available upon request. All children will be served the same items during snack/meal time. We ask that children at least try new food items. We cannot accommodate food preferences but do recognize your need to restrict certain foods in your child’s diet for medical reasons. If your child has allergies to particular foods or is on a special diet, our facility must have signed documentation from a doctor or medical authority stating your child’s special dietary needs and the foods that may be substituted to meet those needs.

**FOOD FROM OUTSIDE CHILD CARE:** *Woolsey Academy* is committed to providing safe, healthy and nutritious food to children in our care. We respectfully request that no foods be brought from home or elsewhere into the facility. Your child’s diet, while in our care, is specifically planned to follow the Missouri CACFP menu requirements and meet the USDA guidelines for a child’s recommended needs. Children arriving with food from an outside source will be asked to dispose of the food items.

**RATIONALE***: Food-borne illness may occur when food has not been properly handled or maintained at appropriate temperatures. Although many of these illnesses are limited to vomiting and diarrhea, they can be life threatening, especially for young children. Restricting food brought into the facility reduces the risk of food-borne illness from unknown procedures used in home preparation and transport. The facility has an obligation to ensure that the food shared with other children complies with the food safety and nutrition guidelines for meals and snacks*.

*Foods of low nutritional value, such as sweets, candy and potato chips brought from home, can lead to problems in the child care setting. For example:*

* *Social problems between children may occur when some children receive*

*―treat‖ foods in their lunch, while others do not.*

* *Children can become confused about which foods are nutritious.*
* *Children often have small appetites. When they fill up on less nutritious foods, they may not have room for the foods necessary to meet their nutritional needs.*

Approved by:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

Director of *(insert center name)* Date

## *Child Care Policy 2.0 Celebrations/Special Occasions*

**PURPOSE:**  To provide clear guidance on items that parents can provide for children in the child care facility during celebrations/special occasions so that staff and parents know how to best meet the nutritional and food safety needs of the children.

**SCOPE:** Center; Group Family Child Care Home; Family Child Care Home

**CELEBRATIONS/SPECIAL OCCASSIONS:** Our facility realizes it is important to parents that their child be allowed to celebrate special occasions, such as birthdays and holidays. If you want your child to celebrate a special occasion while in our facility please let us know a few days ahead of time. *Woolsey Academy* will provide special treats for each child’s birthday or holiday celebration, with attention to good nutrition and healthful eating habits. Our ―Healthy Foods for Celebrations‖ form provides a checklist of items the facility is able to provide. Foods from outside the facility are not allowed due to health and sanitation issues. If you want to provide something beyond what the facility provides, the items must be nonfood items. Please refer to the parent handout ―Guidelines for Healthy Celebrations‖ for some examples of appropriate treats. Please check with your child’s teacher before bringing anything in.

**RATIONALE:** *Food-borne illness may occur when food has not been properly handled or maintained at appropriate temperatures. Although many of these illnesses are limited to vomiting and diarrhea, they can be life threatening, especially for young children. Restricting food brought into the facility by parents reduces the risk of food-borne illness from unknown procedures used in home preparation and transport. The facility has an obligation to ensure that the food shared with other children complies with the food safety and nutrition guidelines for meals and snacks*.

Approved by:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

Director of *(insert center name)* Date

**Appendix C: Parent Handout**

### Healthy Foods for Celebrations

**Please help us encourage lifelong healthy habits among our children. We encourage parents to join us for their child’s birthday or other special occasion.**

Typically, foods for celebrations include cupcakes, candy, cookies and other ―treats‖ that have a large amount of sugar, calories and fat. There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception.

The following is a list of alternatives our facility provides for celebrations/special occasions that promote and reinforce good nutrition.

Please mark the items your child prefers so that *Woolsey Academy* can better provide

|  |  |  |  |
| --- | --- | --- | --- |
| for your child. | | |  |
| \_\_\_\_Raisins – regular or chocolate covered | | | \_\_\_\_Animal crackers |
| \_\_\_\_Whole-grain crackers with cheese cubes | | | \_\_\_\_Pretzels |
|  |  |  |
| \_\_\_\_Mozzarella string cheese pack |  |  | \_\_\_\_Dried fruit |
| \_\_\_\_Flavored milk |  |  | \_\_\_\_Fruit smoothies |
| \_\_\_\_Single-serving boxes of cereal |  |  | \_\_\_\_Yogurt |
| \_\_\_\_Tortilla chips and salsa |  |  | \_\_\_\_100% juice boxes |
| \_\_\_\_Granola bars |  |  | \_\_\_\_Fruit muffins |
| \_\_\_\_Vegetables and low-fat dip |  |  | \_\_\_\_Fresh fruit |
| \_\_\_\_Fresh fruit and low-fat dip |  |  | \_\_\_\_Ants on a log |

If you would like something other than the foods listed above served at a celebration for your child, please talk with our facility staff.

**Appendix D: Parent Handout**

### Guidelines for Healthy Celebrations

**Please help us encourage lifelong healthy habits in our children. We encourage parents to join us for their child’s birthday or other special occasion.**

Our facility provides healthy foods for celebrations. If you feel that you want to provide

―treats‖ for a special celebration here is a list of nonfood suggestions.

Stickers Fake teeth

 Little toys Rubber stamps

Toothbrushes Rulers

Barrettes Army men

Plastic rings Decorative pencils

Erasers Holiday theme items

Balloon racers Fake tattoos

Finger/hand puppets Bubbles

Glow-in-the-dark items Plane gliders

Slap bracelets Whistles

Party favors Party hats

Certificates

Before bringing items to the facility, make sure the items you wish to bring are approved and age appropriate for the group celebrating.

Depending on the size and number of children in your child’s class, providing treats or gifts to all the children could become costly. Here are a couple of low-cost, easy ideas that will give your child a memorable experience on their special day:

* Decorate the child care center or provide the decorations for your child’s classroom. Example: A banner with the child’s name and ―Happy Birthday.‖ This will make your child feel special during the celebration/special occasion without adding unneeded fat and sugar in the diet.
* Take time to have a meal with your child at the center. This gives your child personal attention.
* Buy or supply a special book to be read during the day. Make it even more special by coming to your child’s class to read the story.
* Plan and provide a special craft project for your child’s class.
* Work with your child’s teacher to plan special party games or activities.

**Appendix E: Facility Resource**

#### **Nonfood Fundraising Ideas**

Food fundraisers may help the financial health of the facility, but at the expense of the children and family’s physical health. Try one of these ideas for your next fundraiser.

**To DO:**

 Ask local businesses to donate a portion of the sales on a given day or time to the center

Organize a pet or car wash



Invite community members and businesses to donate items (e.g., baby-sitting services, lawn care, gift certificates) for a silent auction

 Recycle cans/bottles/paper



Host a treasure or scavenger hunt

Organize a book fair

Recycle cell phones

Rent out special parking spaces

Ask parents or community members to donate items for a center yard sale

**To SELL:**  Magazines

Holiday ornaments/wreaths/flowers

Gift wrap or greeting cards Plants, flowers or bulbs Mother’s Day hanging baskets

Cookbooks with recipes from teachers and center families

Picture frames

Emergency/first-aid kits

Pedometers

Calendars featuring center-specific functions and artwork

For more information or ideas, visit the following Web sites: Association of Fund-Raising Distributors and Suppliers [http://www.afrds.org/](http://www.afrds.org/favicon.ico)

Fundraising Bank

<http://www.fundraising-ideas.com/>

PTO Today

[School Fundraisers: Ideas and Help for School Fundraising http://www.ptotoday.com/fundraising?position=left](http://www.ptotoday.com/fundraising?position=left)

Adapted from Iowa Action for Healthy Kids material

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Alternate forms of this publication for persons with disabilities may be obtained by contacting the

Missouri Department of Health and Senior Services at (573) 522-2820. Hearing and speech impaired citizens telephone 800-735-2966. VOICE 800-735-2466.

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