





## EXPLORING NUTRITION IN THE CLASSROOM

**Inspire. Explore. Engage.**

	<p>Plan menus to include a variety of nutritious and appealing foods that reflect the cultures and customs of families.</p>	<p>Provide healthy meals and snacks that meet CACFP requirements.  <i>When infants are developmentally ready, provide healthy foods that meet the CACFP.</i></p>	<p>Choose whole or minimally processed, nutrient-rich foods that are low in fat, added sugars and sodium.</p>
	<p>Include more fruits, vegetables and whole grains in meals and snacks.</p>	<p>Make drinking water readily available to children at all times.</p>	<p>Create a pleasant and relaxed eating environment that encourages children to enjoy mealtimes.</p>
	<p>Serve meals family style and let children decide what and how much to eat.  <i>Feed infants on demand based on each child's individual needs, in consultation with parents.</i></p>	<p>Staff members model healthy eating and physical activity practices throughout the child care environment.</p>	<p>Provide activities and resources to promote the health and well-being of staff members.</p>
	<p>Integrate nutrition education activities throughout the curriculum and into daily routines.</p>	<p>Coordinate nutrition education activities with CACFP meals and snacks and other foods and beverages available in the child care environment.</p>	<p>Collaborate with community-based nutrition programs, initiatives and services.</p>

**Resources:**

Nutrition Policies and Guidance for the Child and Adult Care Food Program: Menu Planning, CSDE, 2009:  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326>

Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy, The Nemours Foundation, 2008:  
<http://static.nemours.org/www-fi-lebox/nhps/grow-up-healthy/cacfp-guideline.pdf>

Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition, <http://ebooks.aappublications.org/content/caring-for-our-children-3rd-edition>