

NAP SACC Nutrition Best Practice Recommendations for Child Care Facilities

Key Area	Best Practices
Foods Provided	<ol style="list-style-type: none"> 1. Offer fruit at least 2x a day (Fruit does not include servings of fruit juice.). 2. Serve fruit canned in its own juice, fresh, or frozen every time fruit is offered. 3. Offer vegetables at least 2x a day (Vegetables do not include french fries, tater tots, hash browns, or dried beans.). 4. Offer dark green, orange, red, or deep yellow vegetables at least 1x a day. 5. Prepare cooked vegetables without added meat fat, margarine or butter. 6. Fried or pre-fried potatoes are offered less than once a week or never (Fried or pre-fried potatoes include french fries, tater tots, and hash brown that are pre-fried, sold frozen, and prepared in the oven.). 7. Fried or pre-fried meats or fish are offered less than 1x a week or never (Fried or pre-fried meats or fish include breaded and frozen chicken nuggets and fish sticks.). 8. High-fat meats are offered less than 1x a week or never (High-fat meats include sausage, bacon, hot dogs, bologna, and ground beef that is less than 93% lean.). 9. Offer meats and meat alternatives that are lean or low fat every time these items are served (Lean or low-fat meats include skinless, baked or broiled chicken; baked or broiled fish; and ground beef or turkey that is at least 93% lean and cooked in a low-fat way. Low-fat meat alternatives include low-fat dairy foods; baked, poached, or boiled eggs; and dried beans.). 10. Offer high fiber, whole grain foods at least 2x a day (High-fiber, whole grain foods include whole wheat bread, whole wheat crackers, oatmeal, brown rice, Cheerios, and whole grain pasta.). 11. High-sugar, high-fat foods are offered less than once a week or never (High-sugar, high-fat foods include cookies, cakes, doughnuts, muffins, ice cream, and pudding.). 12. High-salt, high-fat snacks are offered less than once a week or never (High-salt, high-fat snacks include chips, buttered popcorn, and Ritz crackers.). 13. Sweet or salty snacks outside of meal or snack times are offered less than 1x a week or never.
Beverages Provided	<ol style="list-style-type: none"> 1. Drinking water is made easily visible and freely available for self-serve both indoors and outdoors. 2. Limit a 4-6 oz. serving of 100% fruit juice to 2x a week or less. 3. Never offer sugary drinks (Sugary drinks include Kool-Aid, fruit drinks, sweet tea, sports drinks, and soda.). 4. Serve skim milk to children ages 2 years and older.
Feeding Environment	<ol style="list-style-type: none"> 1. Serve meals and snacks to preschool children by allowing children to choose and serve all foods themselves. 2. Television or videos are never on during meal or snack times. 3. When in classrooms during meal or snack times, teachers always eat and drink the same foods and beverages as children.

	<ol style="list-style-type: none"> 4. Teachers enthusiastically role model eating healthy foods at every meal or snack time. 5. Teachers rarely or never eat or drink unhealthy foods or beverages in front of the children. 6. Provide a large variety of visible support to promote healthy eating through the use of posters, pictures, books, toys, and learning materials.
Feeding Practices	<ol style="list-style-type: none"> 1. Teachers remind children to drink water, during indoor and outdoor physically active play time, at least 1x per play period. 2. Teachers praise children for trying new or less preferred foods. 3. Teachers help children determine if they are full before removing their plate. 4. Teachers help children determine if they are still hungry before serving additional food. 5. It is not required by teachers that children sit at the table until they clean their plate. 6. Teachers use an authoritative feeding style (An authoritative feeding style strikes a balance between encouraging children to eat healthy foods and allowing children to make their own food choices. To encourage children to eat their vegetables, caregivers may reason with them and talk about the importance of eating vegetables, rather than using bribes or threats.). 7. Teachers do not use food to calm upset children or encourage appropriate behavior. 8. During meal and snack time, teachers praise and give hands-on help to guide toddlers as they learn to feed themselves (Praise and hands-on help includes encouraging finger-feeding, praising children for feeding themselves, and helping children use cups or other utensils.). 9. Beverages are offered in open, child-sized cups for children ages 1 year and older who are developmentally ready.
Menus & Variety	<ol style="list-style-type: none"> 1. A cycle menu of 3 weeks or greater that changes with the seasons is used. 2. A variety of healthy foods are always included on weekly menus.
Education & Professional Development	<ol style="list-style-type: none"> 1. Teachers incorporate planned nutrition education into their classrooms 1x per week or more (Planned nutrition education can include circle time lessons, story time, stations during center time, cooking activities, and gardening activities.). 2. Teachers talk with children informally about healthy eating each time they see an opportunity. 3. Provide professional development opportunities (other than food safety and food program guidelines) for staff on nutrition 2x per year or more (Professional development can include print materials, information presented at staff meetings, and in-person or online training for contact hours or continuing education credits.). 4. Offer education to families on child nutrition 2x per year or more.
Policy	<ol style="list-style-type: none"> 1. Create a written policy on child nutrition that is available and followed. It may include items from the previous 6 nutrition key areas (A written policy includes any written guidelines about your program's operations or expectations for teachers, staff, children, or families. Policies can be included in parent handbooks, staff manuals, and other documents.).