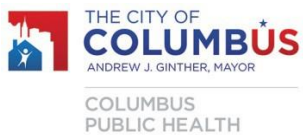




Child Care Action Kit

Ohio Healthy Programs • Healthy Menus • Healthy Policies



COLUMBUS
PUBLIC HEALTH



How to Become An Ohio Healthy Program

There are five steps in becoming an Ohio Healthy Program.

STEP 1: Attend the Ohio-Approved Ohio Healthy Programs trainings. Trainings can be found on the Ohio Child Care Resource and Referral Association website at <https://occrra.org/>.

Session 1: Healthy Habits, Parts A-D

Taken by early care professionals or one teacher from each age level represented at their early care program. (All four parts must be completed for credit). Session 1 includes:

- 1. Healthy Activity:** Participants will review current childhood obesity rates and health risks and learn the importance of providing physical activity opportunities in early care settings. This session provides participants with ideas on both structured and unstructured play. Participants will take away knowledge on how to link Early Learning and Development Standards to classroom activities while providing opportunities for physical activity.
- 2. Healthy Eating:** The role of how adults support children in feeding and eating will be discussed. Participants will learn basic nutrition and tips on how to encourage new foods in a healthy manner. This session provides participants with ideas on healthy snacks and positive drink choices, and how to support water first for thirst. Participants will take away ideas on how to link the Early Learning and Development Standards to classroom activities while providing nutrition education to children.
- 3. Healthy Growing:** Adults are powerful role models. They can promote positive body image and encourage the creation of self-esteem in children. Participants will discuss what constitutes a healthy body weight for children. Ideas for healthy growing will be further explored through discussion of how healthy food can be grown in child care settings, supported by the Farm to School Network, and reimbursed by CACFP. Participants will learn how to link Early Learning and Development Standards to classroom gardening activities and recognize how language (words)

affects children's self-esteem.

- 4. Healthy Families:** Participants will focus on strategies to encourage parent outreach. Participants will review the Growing Healthy Kids 13 key messages that promote healthy habits for children and develop skills for talking to families about taking these messages home. Participants will take away knowledge on how to host a healthy celebration in their classroom, and how to engage families in a month-long health campaign at their program.

Session 2: Healthy Menus

Taken by the home provider, cook and/or person planning the menus

Participants will review healthy eating behaviors and what to consider when feeding young children. They will gain knowledge and know-how on planning a healthy menu, take away new ideas and shared experiences of recipes and how to make menus healthier on a budget. Tips will be given to ensure variety and balance. Participants will review benefits of the Farm to School Movement and CACFP reimbursement for edible gardens.

Session 3: Healthy Policies

Taken by the home provider, administrator or director

This session focuses on creating a healthier early care environment through policy. Participants will review ways to craft an atmosphere where kids can grow, learn and play at their best. They will gain an understanding of the importance of healthy policies in sustaining a healthy environment and ideas on how to adopt and implement a new healthy policy successfully.

STEP 2: Implement a policy to ensure healthy practices are maintained in the program. Policies must include the date on which they were implemented.

STEP 3: Demonstrate an improvement in menus for the children you serve. Menus must reflect the following Ohio Healthy Programs criteria:

- Offer a different, non-fried vegetable every day of the week
- Offer a different, whole fruit every day of the week
- Serve one whole grain food every day of the week
- Serve only cereals with 6g of sugar or less per dry ounce
- Offer beverages with no added sugar/sweeteners
- Limit 100% juice to no more than 4-6 fl oz a day
- Limit fried foods to no more than once a week
- Do not serve any highly processed meat, regardless of animal type (beef, pork, turkey, chicken, etc). This includes but is not limited to:
 - Hot dogs or frankfurters, pepperoni, sausage (i.e. breakfast, salami, Polish, summer, Italian, etc.), bologna, and/or liverwurst

STEP 4: Describe family engagement methods used at the program, such as hosting a healthy celebration or family night, where the environment matches the healthy message. Other ideas include

displaying Growing Health Kids key messages throughout the program or providing healthy newsletters, cooking activities to families, etc.

STEP 5: [Complete a self-assessment](#) to identify where you are at and how you would like to progress in creating a healthy environment at your early care program.



Healthy Menus Action Kit for Early Care Programs

Food preferences start at an early age. Early care providers have an opportunity to expose children to a variety of wholesome foods, including whole fruits, vegetables, whole grains, and lean proteins. Offering healthy menus to the children you serve sets them up for a lifetime of healthy eating habits.

What are the Ohio Healthy Programs (OHP) menu requirements?

- Offer a different, non-fried vegetable every day of the week
- Offer a different, whole fruit every day of the week
- Serve one whole grain food every day of the week
- Serve only cereals with 6g of sugar or less per dry ounce
- Offer beverages with no added sugar/sweeteners
- Limit 100% juice to no more than 4-6 fl oz a day
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 - Hot dogs or frankfurters, pepperoni, sausage (i.e. breakfast, salami, Polish, summer, Italian, etc.), bologna, and/or liverwurst

Will participating in OHP affect reimbursement of meals and snacks by the Child and Adult Care Food Program (CACFP)?

No. OHP requirements allow for meals and snacks to be planned according to the CACFP meal pattern requirements. The program is designed to go a step above what is required by CACFP and licensing to ensure that children receive a variety of healthy foods. In fact, many of the Ohio Healthy Program menu requirements are considered CACFP best practices.

Where can I find additional CACFP resources?

[USDA's Team Nutrition](#)

[Ohio Department of Education](#)

[USDA Food Buying Guide](#)

What does a healthy menu look like?

In collaboration with Growing Healthy Kids, Ohio Healthy Programs (OHP) has set menu criteria based on the number of meals/snacks you serve:

# Meals/Snacks Served per Day	1	2	3+
Whole Grains	Every time grains are served	1 x per day	1 x per day
Vegetables & Fruits	A different non-fried vegetable or whole fruit each time served in a week	1 different non-fried vegetable or whole fruit each day in a week	1 different non-fried vegetable and 1 different whole fruit each day in a week
Juice	None	No more than 4-6 oz., 1 x per day	No more than 4-6 oz., 1 x per day
Fried Foods	None	No more than 1 x per week	No more than 1 x per week
Cereal	Less than 6 grams of sugar per dry ounce	Less than 6 grams of sugar per dry ounce	Less than 6 grams of sugar per dry ounce
Processed Meats	Highly processed meats, regardless of animal type	Highly processed meats, regardless of animal type	Highly processed meats, regardless of animal type
Beverages	No added sugars or sweeteners	No added sugars or sweeteners	No added sugars or sweeteners

Why is a variety of fruits and vegetables important?

Each different fruit and vegetable contains slightly different components of vitamins and minerals that help support a healthy immune system, healthy skin, and help heal cuts and bruises. Exposing children to a variety of different colors, textures and temperatures of fruits and vegetables allows children to explore new foods and broaden their palate.

Why are fried foods limited?

Fried foods, including those that you reheat by baking in the oven, can contribute a lot of extra calories, saturated fat and trans-fat to a child's diet. Remember, just because you do not fry the foods yourself does not mean they are not considered fried foods. Most frozen breaded meats, fries, and other food items such as pizza rolls and French toast sticks are fried, flash frozen and packaged by the manufacturer so all you have to do is bake them.

The following is a list of fried foods commonly found on a child care menu:

- French Fries
- Hash Browns
- Tater Tots
- Potato Wedges
- Chicken Nuggets
- Chicken Patties
- Fish Sticks
- Breaded Fish
- French Toast Sticks
- Pizza Rolls

- Chips
- Tortilla Chips
- Hard Taco Shells
- Doughnuts
- Egg Rolls
- Cheetos
- Cheese Puffs
- Ramen Noodles

What are healthy beverage options to serve in the classroom?

Per Ohio Healthy Program requirements, sugar sweetened beverages are not to be served in the classroom to any age group. CACFP and Ohio Healthy Programs encourage water to be offered at every meal and snack. In addition, unflavored milk and no more than 4-6 oz. of 100% juice is permitted on Ohio Healthy Program menus.

Why are highly processed meats not allowed?

Ohio Healthy Programs requires programs to not serve any highly processed meat, regardless of animal type (beef, pork, turkey, chicken, etc). This includes but is not limited to: hot dogs or frankfurters, pepperoni, sausage (including breakfast, salami, Polish, summer, and Italian sausages), bologna, and/or liverwurst.

Rationale:

- OHP aims to provide a healthy environment above and beyond state/federal regulations.
- USDA 2015-2020 Dietary Guidelines for Americans includes:
 - A healthy eating pattern limits saturated fats and trans fats, added sugars, and sodium.
 - Consume less than 10% of calories per day from saturated fats
 - Consume less than 2,300 milligrams (mg) per day of sodium (for individuals 14 years and older)
 - Processed meat and processed poultry—All meat or poultry products preserved by smoking, curing, salting, and/or the addition of chemical preservatives. Processed meats and poultry include all types of meat or poultry sausages (bologna, frankfurters, luncheon meats and loaves, sandwich spreads, vienna, chorizo, kielbasa, pepperoni, salami, and summer sausages), bacon, smoked or cured ham or pork shoulder, corned beef, pastrami, pig’s feet, beef jerky, marinated chicken breasts, and smoked turkey products.
- CACFP Best Practices includes the statement “Limit serving processed meats to no more than one serving per week.”
- Caring for Our Children recommends limiting processed meats and poultry, trans-fatty acids, and salty foods.

Allowable Meat/Meat Alternates	Prohibited Processed Meats
Beans	Bacon (regardless of animal type)
Beef-ground, lean cuts	Bologna
Cheese	Breakfast sausage including links/patties
Cheese Pizza	Canadian Bacon
Chicken-ground, breast, grilled tenders	Chorizo
Cottage Cheese	Corn Dogs (regardless of animal type)
Deli Ham	Hot Dogs/Frankfurters (regardless of animal type)
Deli Turkey	Kielbasa
Eggs	Liverwurst
Hummus	Pepperoni(regardless of animal type)
Nut Butter	Salami

Peanut Butter	Sausage (regardless of animal type)
Pork-ground, tenderloin, pulled pork, sirloin, pork chop	Smoked/cured ham
String Cheese	Summer Sausage
Turkey-ground, breast	
Veggie Meats	
Yogurt	

**This list is not exhaustive. For items not listed, please reach out to ODH.*

How do I know a grain is ‘whole’?

Just because a grain is brown does not mean it is a whole grain and neither does the phrase “made with/from whole grains” or “wheat bread.” Look at the first word on the ingredient list. “Whole” should be the first word listed on the ingredient list for a food to be a whole grain. Choose cereals, breads, pasta and other grain foods that list a “whole” grain ingredient first. To learn more about whole grains, visit the [Whole Grain Council](#).

How do I determine if a cereal meets the CACFP and Ohio Healthy Programs menu requirement?

Cereal must contain less than 6 grams of sugar per dry ounce. This requirement aligns with the Women Infant and Children (WIC) approved cereal list. In addition, CACFP has developed a [quick guide](#) in identifying cereals that meet the requirement.

What are choking hazards for children under 4?

Some foods can cause choking due to their shape or texture. For a list of foods, [click here](#).

Will I be able to plan a healthier menu and stay within my budget?

There are many ways to save costs while serving healthier foods:

1. Frozen fruits and vegetables are nutritionally about the same as fresh and often much less expensive. Choose products without added salt or sugar.
2. Canned fruits and vegetables are also a great way to save money. Choose vegetables without added salt and fruits packed in 100% juice or water instead of syrup.
3. Pay attention to price trends. Fruits & veggies in season are often less expensive, and they taste better too! (See the Ohio Produce list at the end of this section.)
4. Physically go to the pantry and assess what you currently have on-hand. Make a list of these foods so you do not over-buy.
5. Buy shelf stable foods in bulk when possible. Things like brown rice, whole-wheat pasta, no-salt-added canned beans and other similar foods may be less expensive in bulk. Just remember to vary the preparation of bulk food items so there is variety.
6. Purchasing **store brand** products can save you lots of money, especially when purchasing staple items such as breads and cereals.
7. Plan ahead! Consider creating a 4-week **cycle menu**. A cycle menu is different every day and repeats itself after a specified amount of time, in this case, 4 weeks. Advantages of a cycle menu include:
 - Saves time and money. Although it does take some time to put a cycle menu together initially, you only have to plan it once.
 - Easier to stay on budget
 - Less time spent shopping as it becomes routine
 - Makes meal service more efficient
 - Ensures variety so children do not become bored with the menu

Fruits and vegetables can be changed in the cycle menu, depending what's in season or on sale. For instance, if you see blueberries on sale, you can swap them in for another fruit. Just be sure to post information about your changes in a place where parents can access it.

How do I make healthy meals appealing?

As you make changes to your menus these 5 principles can help you create healthy meals that will be appealing to the children in your care.

1. Strive for balance.
 - Balance flavors. Balance strongly flavored foods like Italian baked chicken with lightly seasoned items such as green beans. Individual foods combined together can make a winning combination, such as sweet potatoes and black beans.
 - Balance higher fat foods with lower fat ones such as grilled cheese served with carrots.
2. Emphasize variety.
 - Serve a different fruit and vegetable each day.
 - Vary the main courses you serve.
 - Prepare foods in different ways, keeping temperature and seasonings in mind. For example, consider raw vegetables versus cooked vegetables.
 - Pair new foods with familiar, well-liked foods, such as serving a new vegetable with pizza.
3. Add contrast with different textures, shapes and temperatures. For example, serve spaghetti with a crisp and refreshing side salad.
4. Think about color.
 - Avoid using too many foods of the same color.
 - Use herbs and spices to add color and flavor. For example, add cinnamon to yogurt or chives to mashed potatoes.
5. Consider eye appeal.
 - Think of the total presentation. Consider the color of plates or trays as well as the food.
 - Also think of the way you arrange food on the plate or serving dish for a greater visual appeal.

What is family-style dining?

Family-style dining in the child care setting is the act of food being passed around in small containers for children to serve their own plates. Children may also pour their own beverages from small pitchers. Having enough food placed on the table in order to provide the full required portion size for all the children at the table meets licensing requirements.

What are the benefits of family-style dining?

Serving meals family-style allows children the freedom to make decisions and develop their own personalities. It also offers advantages to children's development process by enhancing motor skills, language, self-esteem, social skills, table manners and independence through interaction with adults and other children. By serving family style you are giving children the opportunity to choose the amount of food they want on their plate, the feeling of control of their food choices and are encouraging them to listen to their own bodies. To learn more about family style dining, refer to OCCRRA's [Family Style Dining Guide](#).

What can I do to start family style dining?

Get child sized equipment:

- Dishware
- Utensils

- Cleaning supplies
- Furniture

Implement gradually:

- Start in one classroom or with one group of children at a time.
- Choose foods that children can easily serve themselves.

For more information on how to start family-style dining, check out OCCRRA's Family Style Dining Guide, available at: <https://cdn.occrra.org/documents/fsd.pdf>.

How can I encourage picky eaters to try new foods?

- Be a role model! Sit, eat and talk with children during mealtime and eat the same food whenever possible.
- Smile! Facial expressions have a big impact on how children react to new foods.
- Offer familiar with unfamiliar foods, such as pizza with squash.
- Make new foods fun! Call them 'Super Hero Foods' that will make them big and strong.
- Allow children to eat what they like and encourage (NOT FORCE) new foods.
- Offer new foods repeatedly. Remember it can take up to 20 exposures for young children to accept a new food!⁵
 - o Exposure means the food is on the table and offered to the child, not necessarily that the child has even tasted the food.

Remember, children may not always be hungry at every meal. This is why it is important to offer a wide variety of nutritious foods throughout the day including snacks. Doing so allows children to fill in nutrients they may have missed at lunch if they did not complete their meal.

OHIO HEALTHY PROGRAM

MENU REQUIREMENTS

1. Offer a different, non-fried vegetable every day of the week
2. Offer a different, whole fruit every day of the week
3. Serve one whole grain food every day of the week
4. Serve only cereals with 6g of sugar or less per dry ounce
5. Offer beverages with no added sugar/sweeteners
6. Limit 100% juice to no more than 4-6 fl oz a day
7. Limit fried foods to no more than once a week
8. Do not serve any highly processed meat, regardless of animal type (beef, pork, turkey, chicken, etc). This includes but is not limited to: Hot dogs or frankfurters, pepperoni, sausage (i.e. breakfast, salami, Polish, summer, Italian, etc.), bologna, and/or liverwurst

Be specific when writing out your menus:

- Write unflavored milk.
- List whole wheat (WW) or whole grain (WG).
- Juice should be written as 100% juice.
- Mixed fruit or vegetable items should have all elements listed.

Low-sugar Cereals

Cereals listed in **BOLD** are whole grain. Check out the USDA's [breakfast cereal guide](#) for more information.

OHP Approved: Tuesday Lunch
Fluid unflavored milk
Grilled chicken tenders
WG dinner roll
Lettuce, tomato, and cucumber salad
Mixed fruit with pineapple

Table 1.1

Brand Name	Product Name
General Mills	Fiber One, Cheerios, Chex (Rice, Corn, and Wheat), Kix (Original and Honey), Wheaties, Total
Kellogg's	Corn Flakes, Crispix, Special K (Original), All-Bran Complete Wheat Flakes , Rice Krispies
Post	Shredded Wheat, Grape-Nuts, Bran Flakes , Honey Bunches of Oats (Honey Roasted)
Great Value	Shredded Wheat, Toasted Whole-Grain Oat Spins, Toasted Multi-Grain Spins , Toasted Rice, Corn Flakes, Bran Flakes, Toasted Wheat, Crunchy Oat Squares
Malt-O-Meal	Corn Flakes, Crispy Rice, Oat Blenders (Honey and Honey & Almond)
Hot cereals	Oatmeal , Cream of Wheat (Original and Whole Grain)

Meat and Meat Alternatives	Whole Grains	Vegetables	Fruits
Eggs (scrambled, fried or boiled)	Whole wheat bread	Beans (black, pinto, kidney, etc.)*	Cantaloupe
Beans (black, pinto, kidney, etc.)*	Whole grain bread roll	Sweet potato	Honey Dew
Ground Turkey or Beef	Whole wheat bagel	Hummus	Watermelon
Peanut, Sunflower or Almond Butter	Whole wheat tortilla	Collard greens	Apples
Yogurt**	Whole wheat pasta	Tomato	Oranges

Burgers	Brown rice	Romaine Lettuce	Bananas
Chicken (grilled, baked or boiled)	Quinoa	Spinach	Clementine
Fish (grilled, baked or boiled)	Whole grain couscous	Kale	Strawberries
Chicken tenders (grilled or baked)	Whole grain crackers (Wheat Thins, Whole grain Goldfish crackers)	Broccoli	Grapes
Meatballs	Whole grain cornmeal	Cauliflower	Peaches
Cheese or chicken quesadilla	Whole grain corn bread	Asparagus	Pears
Sloppy Joes	Oatmeal	Corn	Applesauce
Tuna or chicken salad	Whole grain Cream of Wheat	Green beans	Pineapple
Egg salad	Whole grain pancakes or waffles	Carrots	Tropical fruit mix with papaya
Baked Ham	Whole wheat English muffin	Celery	Fruit cocktail with cherries
Turkey, ham or roast beef cold cuts	Cereal (see Table 1.1)	Cucumbers	Avocado
Tofu (scrambled or stir fried)		Bell Peppers	Blueberries
Hummus		Zucchini or Squash	Raspberries
Chef salad		Peas	Plums
		Cabbage	Grapefruit

* Beans can be credited as a vegetable or meat alternate but cannot count for both in the same meal.

** Yogurt must contain no more than 23 g of sugar per 6 oz. serving. Only low-fat or fat-free yogurt is creditable.

Breakfast: Choose one meat/meat alternate (up to 3 times a week) or a whole grain. Pair it with a vegetable or fruit and unflavored milk.

Breakfast	
Meat/Grain	
Vegetable/Fruit	
Fluid Milk	

Lunch or Supper: Choose one item from each of the 4 food components and serve with unflavored milk. Bonus points for serving two vegetables instead of a vegetable and fruit.

Lunch	
Meat or Meat Alternative	
Grain	
Vegetable	
Fruit/Vegetable	
Fluid Milk	

Snack: Choose any two food options from two different components, including unflavored milk.

Snack	
Component 1	
Component 2	

Weekly Menu for Children (5 Day – Week 1)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	Milk	Milk	Milk	Milk	Milk
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1/2 Cup	Baked Apples with cinnamon	Banana	Cantaloupe	Pears	Mixed fruit
	Breads/Grains/Dry Cereal/Meat/ Meat Alternate (3x max)	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz	WW Toast	Scrambled Eggs	WG English Muffin	Cheese omelet	Golden Porridge*
Lunch	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz	Soft Tacos (Lean Ground Beef)	Baked Turkey Breast	Farmer's Harvest Chili* (Kidney Beans)	Limeade Chicken*	Cheesy Pizza Muffin* (Cheese)
	Breads/Grains/ Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup	Whole Wheat Tortilla	Whole Grain Dinner Roll	Whole Grain Bread	Brown Rice	Whole Grain English Muffin
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total	Peaches	Roasted corn	Applesauce	Pineapples	Cooked Carrots
					Romaine lettuce & chopped tomatoes	Baked Sweet Potato	Farmer's Harvest Chili* (Carrot/Onion/pepper/corn/tomato)	Broccoli	Spinach salad
Snack (Select 2)	Milk, Fluid, Unflavored	1/2 Cup	1/2 cup	1 Cup					
	Vegetable,	1/2 Cup	1/2 Cup	3/4 Cup	Celery sticks			Celery & Dip	Applesauce
	Fruit, or Juice	1/2 cup	1/2 cup	3/4 cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup		Shrunken Sandwich** (WG Crackers)	Granola		Graham crackers
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz	Sunflower Seed Butter	Ham & Cheese	Yogurt Cup	Cheese cubes	
	Water First for Thirst!				WATER	WATER	WATER	WATER	WATER

*Recipe is available in the action kit.

*Recipe is available on the Growing Healthy Kids Snack List.

+ No sugar-sweetened beverages are served at this child care center

**WW = Whole Wheat, WG = Whole Grain

Weekly Menu for Children (5 Day – Week 2)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	Milk	Milk	Milk	Milk	Milk
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1/2 Cup	Green Peppers	Banana	Apple Slices	Pears	Pineapple
	Breads/Grains/Dry Cereal/Meat/Meat Alternate (3x max)	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz	Cheesy Scrambled Eggs	Corn Chex	Pumpkin Patch Pancakes*	Whole Grain English Muffin	Cheerios
Lunch	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz	Hamburger	Grilled Cheese Sandwich (Cheese)	Cheesy Spaghetti Bake* (Cheese)	Veggie Tuna Melt* (Tuna)	Tortilla Roll-Ups** (Ham & Cheese)
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup	Whole Grain Bun	Whole Wheat Bread	Whole Wheat Spaghetti Noodles	Veggie Tuna Melt* (Whole Wheat Bread)	Tortilla Roll-Ups** (Whole Wheat Tortilla)
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total	Orange slices	Pears	Fruit Cocktail	Seasonal Fruit Salad	Green Beans
				Peas	Tomato Soup	Green Beans	Veggie Tuna Melt* (Celery/Carrot/Onion)	Carrot Sticks	
Snack (Select 2)	Milk, Fluid, Unflavored	1/2 Cup	1/2 cup	1 Cup					
	Vegetable	1/2 Cup	1/2 Cup	3/4 Cup	Fruit Wheels** (Diced Fruit Mix)	Cucumber Slices & Dip	Watermelon	Strawberry yogurt cup	Banana Dog** (Banana)
	Fruit or Juice	1/2 cup	1/2 cup	3/4 cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup	Whole Grain Rice Cakes	Wheat Thins	Graham Crackers		Banana Dog** (WW Bun)
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz				Yogurt	
	Water First for Thirst!				WATER	WATER	WATER	WATER	WATER

*Recipe is available in the action kit.

*Recipe is available on the Growing Healthy Kids Snack List.

+ No sugar-sweetened beverages are served at this child care center

°WW = Whole Wheat, WG = Whole Grain

Weekly Menu for Children (5 Day – Week 3)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	Milk	Milk	Milk	Milk	Milk
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1/2 Cup	Banana	Mushrooms	Honeydew	Mandarin Oranges	Fruit Cocktail
	Breads/Grains/Dry Cereal/Meat/Meat Alternate (3x max)	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz	WG Waffles	Mushroom + Cheese Omelet	Oatmeal	Rice Chex	Scrambled Eggs
Lunch	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz	Pita Pocket (Turkey & cheese)	Dragon Treats* (Chicken)	Fancy Fish*	Scramble Eggs	Pizza Party Pita* (Beans and cheese)
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup	Pita Pocket (WW Pita Bread)	Dragon Treats* (WW Tortilla)	Whole Grain Bread Roll	Whole Wheat Pancakes	Pizza Party Pita* (WW Pita Bread)
	Vegetable or Fruit Total	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total	Applesauce	Pears	Red Bell Pepper Slices	Seasonal Fruit Salad	Orange Slices
					Vegetable Medley (Carrot/Cauliflower/ Broccoli)	Dragon Treats* (Mixed Vegetables)	Cooked Carrots	Bunny Sticks* (Sweet Potatoes)	Pizza Party Pita* (Tomato/Spinach/ Tomato sauce)
Snack (Select 2)	Milk, Fluid, Unflavored	1/2 Cup	1/2 cup	1 Cup					
	Fruit or Juice	1/2 Cup	1/2 Cup	3/4 Cup	Fruit Pizza** (Diced Fruit Mix)	Veggie Patch Bagel Bites** (Diced veggies)	Apple Yogurt**	Corn & Black Bean Salsa**	
	Fruit or Juice	1/2 cup	1/2 cup	3/4 cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup	Whole Grain English Muffin	Whole Wheat Mini Bagels	Granola	Baked WG Chips	Power Barbells** (Mini Pretzel Sticks)
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz			Yogurt		Cheese Cubes
Water First for Thirst!					WATER	WATER	WATER	WATER	WATER

*Recipe is available in the action kit.

*Recipe is available on the Growing Healthy Kids Snack List.

+ No sugar-sweetened beverages are served at this child care center

***WW = Whole Wheat, WG = Whole Grain**

Weekly Menu for Children (5 Day – Week 4)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	Milk	Milk	Milk	Milk	Milk
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1/2 Cup	Berries	Peaches	Applesauce	Banana	Superstar Breakfast* (apples)
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz	Yogurt Parfaits (WG Cereal)	Cheese omelet	Johnny Applesauce Pancakes**	Multi Grain Cheerios	Superstar Breakfast* (couscous)
Lunch	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz	Chicken Alfredo with a Twist*	Grilled Chicken Salad	Turkey Sushi Rolls** (Turkey)	Mac & Cheese	Tasty Tenders*
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup	WW Rotini Noodles	WW Bread Slice	Turkey Sushi Rolls** (WW Tortilla)	WW Macaroni Noodles	WG Roll
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total	Fruit Salad	Mandarin Oranges	Pineapple	Pears	Carrot Sticks
					Broccoli	Garden Salad	Turkey Sushi Rolls** (Carrots and Spinach)	Peas	Celery Sticks & Dip
Snack (Select 2)	Milk, Fluid, Unflavored	1/2 Cup	1/2 cup	1 Cup					
	Vegetable	1/2 Cup	1/2 Cup	3/4 Cup	Apple Slices	Carrot Sticks		Rainbow Peppers & Dip	Waffle Tacos** (Banana)
	Fruit or Juice	1/2 cup	1/2 cup	3/4 cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup			WG Rice Cakes	WG Crackers	WG Waffle
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz	Pumpkin Dip**	Hummus**	Sunflower Seed Butter		
Water First for Thirst!					WATER	WATER	WATER	WATER	WATER

*Recipe is available in the action kit.

*Recipe is available on the Growing Healthy Kids Snack List.

+ No sugar-sweetened beverages are served at this child care center

**WW = Whole Wheat, WG = Whole Grain

Weekly Menu for Children (5 Day – Week 1)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup					
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1/2 Cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz					
Lunch	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup					
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz					
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup					
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total					
Snack (Select 2)	Milk, Fluid, Unflavored	1/2 Cup	1/2 cup	1 Cup					
	Vegetable	1/2 Cup	1/2 Cup	3/4 Cup					
	Fruit or Juice	1/2 cup	1/2 cup	3/4 cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup					
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz					
	Water First for Thirst!				WATER	WATER	WATER	WATER	WATER

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Weekly Menu for Children (5 Day – Week 2)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup					
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1/2 Cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz					
Lunch	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup					
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz					
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup					
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total					
Snack (Select 2)	Milk, Fluid, Unflavored	1/2 Cup	1/2 cup	1 Cup					
	Vegetable	1/2 Cup	1/2 Cup	3/4 Cup					
	Fruit or Juice	½ cup	½ cup	¾ cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup					
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz					
Water First for Thirst!					WATER	WATER	WATER	WATER	WATER

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*WW = Whole Wheat, WG = Whole Grain

Weekly Menu for Children (5 Day – Week 3)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup					
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1/2 Cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz					
Lunch	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup					
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz					
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup					
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total					
Snack (Select 2)	Milk, Fluid, Unflavored	1/2 Cup	1/2 cup	1 Cup					
	Vegetable	1/2 Cup	1/2 Cup	3/4 Cup					
	Fruit or Juice	½ cup	½ cup	¾ cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup					
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz					
Water First for Thirst!					WATER	WATER	WATER	WATER	WATER

+ No sugar-sweetened beverages are served at this child care center

*WW = Whole Wheat, WG = Whole Grain

Weekly Menu for Children (5 Day – Week 4)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup					
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1/2 Cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz					
Lunch	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup					
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz					
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup					
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total					
Snack (Select 2)	Milk, Fluid, Unflavored	1/2 Cup	1/2 cup	1 Cup					
	Vegetable	1/2 Cup	1/2 Cup	3/4 Cup					
	Fruit or Juice	½ cup	½ cup	¾ cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup					
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz					
Water First for Thirst!					WATER	WATER	WATER	WATER	WATER

+ No sugar-sweetened beverages are served at this child care center

°WW = Whole Wheat, WG = Whole Grain

Farmer's Harvest Chili *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	6 servings	12 servings	24servings	48 servings
Onion, finely chopped	1/2 Cup	1 Cup	2 Cups	4 Cups
Carrots, diced	1-1/2.	3	6	12
Garlic, cloves, minced	1/2 clove	1 clove	2 cloves	4 cloves
Green bell pepper, diced	1/2 Cup	1 Cup	2 Cups	4 Cups
Corn, canned, drained	1/2 - 12 oz can	1 - 12 oz can	2 - 12 oz cans	4 - 12 oz cans
Kidney beans, canned, drained	2-1/4 Cups	4-1/2 cups	9 cups	18 cups
Diced tomatoes, fresh or canned	1/2 - 14.5 oz Can	1 - 14.5 oz can	2 - 14.5 oz can	4 - 14.5 oz cans
Tomato paste	1 Can	2 cans	4 cans	8 cans

Directions:

1. Spray large saucepan with non-stick cooking spray.	Grain/Bread	
2. Sauté onions for about 3 minutes	Fruit/Vegetable	X
3. Add carrots and garlic. Sauté for another 3 minutes	Meat/Meat Alternate	X
4. Add rest of ingredients and cook for 30 minutes (until heated thoroughly) on medium heat, uncovered. Stir occasionally.	Milk	

Limeade Chicken *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	6 servings	12 servings	24servings	48 servings
Chicken breast, boneless, skinless	7/8 pound	1-3/4 pound	3-1/2 pound	7 pounds
Lime juice, canned, bottled or squeezed	2 oz	4 oz	8 oz	16 oz
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Pepper, black	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

1. Trim fat from chicken breast.	Grain/Bread	
2. Cut each breast into four pieces and place in resealable bag.	Fruit/Vegetable	
3. Add lime juice, oil and pepper and toss in bag.	Meat/Meat Alternate	X
4. Marinate 3 hours	Milk	
5. Place on oiled cookie sheet.		
Bake at 400 degrees F for about an hour.		

Golden Porridge *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	6 servings	12 servings	24servings	48 servings
Old Fashioned rolled oats	1 cup	2 cups	4 cups	8 cups
Milk, fat-free or 1%	2 cups	4 cups	8 cups	16 cups
Ground cinnamon	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Vanilla extract	1 tsp	2 tsp	4 tsp	8 tsp
Brown sugar	2 tsp	4 tsp	8 tsp	16 tsp
Walnuts (optional)	1 cup	2 cups	4 cups	8 cups

Directions:

1. In a large saucepan, bring milk to a boil.	Grain/Bread	X
2. Combine oats and cinnamon. Mix into milk. Return to a boil.	Fruit/Vegetable	
3. Reduce heat and simmer for 5 - 10 minutes or until mixture has thickened.	Meat/Meat Alternate	
4. Remove from heat and mix in brown sugar, vanilla and walnuts (optional).	Milk	

Cheesy Pizza Muffin *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	6 servings	12 servings	24servings	48 servings
Whole Wheat English muffins	3	6	12	24
Cheese, mozzarella, shredded, part-skim	9 oz	18 oz	36 oz	72 oz
Spaghetti sauce, canned or homemade	3/4 cup	1-1/2 cup	3 cups	6cups
Oregano	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Preheat oven to 350 degrees F.	Grain/Bread	X
2. Cut or pull English muffins in half and place on backing sheet, flat side down.	Fruit/Vegetable	
3. Spread spaghetti sauce over each half, top with 1-1/2 oz cheese and sprinkle with oregano.	Meat/Meat Alternate	X
4. Bake, uncovered, at 350 degrees for about 10 minutes or until cheese is melted.	Milk	
5. Serve one half to each child as their own personal pizza.		

Pumpkin Patch Pancakes Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	8 servings	16 servings	32 servings	64 servings
Flour, Whole wheat	1/2 cup	1 cup	2 cups	4 cups
Baking powder	1 tsp	2 tsp	4 tsp	8 tsp
Cinnamon, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
1% milk	5 fl oz	1-1/4 cup	2-1/2 cups	5 cups
Applesauce, unsweetened	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Egg	1/2.	1	2	4
Pumpkin puree, canned	1/4 cup	1/2 cup	1 cup	2 cups
Vanilla yogurt, low fat	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

- | | | |
|--|---------------------|---|
| 1. In large mixing bowl combine flour, baking powder and cinnamon. | Grain/Bread | X |
| 2. In separate bowl mix milk, applesauce, egg, pumpkin, and yogurt until combined. | Fruit/Vegetable | |
| 3. Add wet ingredients to flour mixture and stir until moist. Batter may still be lumpy. | Meat/Meat Alternate | |
| 4. Lightly coat griddle or skillet with cooking spray and heat on medium. | Milk | |
| 5. Pour batter onto hot griddle (about 2 Tbsp for each pancake). | | |
| 6. Cook until bubbles burst, flip and cook until golden on both sides. | | |

Cheesy Spaghetti Bake Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24servings	48 servings
Spaghetti, dry, whole wheat	1 cup	2 cups	4 cups	8 cups
Egg	1/2.	1	2	4
Milk, fat free or 1%	1/4 cup	1/2 cup	1 cup	2 cups
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Turkey, ground	10 oz	1-1/4 lb	2-1/2 lb	5 lbs
Onion, small, chopped	1/2.	1	2	4
Cheese, mozzarella, shredded, part-skim	1 oz	2 oz	4 oz	8 oz
Spaghetti sauce, canned or homemade	1 cup	2 cups	4 cups	8 cups
Oregano	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

- | | | |
|--|---------------------|---|
| 1. Preheat oven to 350 degrees F. | Grain/Bread | X |
| 2. For 24 servings, grease a 11x7x2 baking dish. For 12 servings, 8x8x1-1/2 baking dish. | Fruit/Vegetable | |
| 3. Cook spaghetti as package directions indicate; drain | Meat/Meat Alternate | X |
| 4. In a large bowl, beat the egg, milk and salt; add spaghetti, oregano, and half the cheese called-for. Toss to coat. | Milk | |
| 5. Transfer to greased baking dish. | | |
| 6. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over pasta. | | |
| 7. Bake, uncovered, at 350 degrees for 20 minutes. | | |
| 8. Sprinkle with the rest of the shredded cheese and bake 10 minutes more. Let stand 10 minutes before serving. | | |

Veggie Tuna Melt Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	7 servings	14 servings	28 servings	56 servings
Tuna, packed in water, drained	1- 12.5 oz can	2- 12.5 oz cans	4- 12.5 oz cans	8- 12.5 oz cans
Mayonnaise	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Mustard, brown	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Celery, chopped	1 cup	2 cups	4 cups	8 cups
Carrots, grated	1 cup	2 cups	4 cups	8 cups
Cheese, cheddar	1/4 cup	1/2 cup	1 cup	2 cups
Bread, whole grain	7 slices	14 slices	28 slices	56 slices

Directions:

- | | | |
|--|---------------------|---|
| 1. Preheat oven to 350 degrees F. | Grain/Bread | X |
| 2. Wash and dry onions, celery and carrots. | Fruit/Vegetable | X |
| 3. Chop onion and celery. Grate carrots. Combine in bowl. Set aside. | Meat/Meat Alternate | X |
| 4. Combine mayonnaise, mustard and drained tuna in a bowl. Add onions, celery and carrots. | Milk | |
| 5. Place bread slices on a baking sheet. | | |
| 6. Top bread with 3/4 cup of tuna mixture, sprinkle with cheese. Bake at 350 degrees for 5 minutes, until cheese is melted and bread is toasted. | | |

Dragon Treats *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	6 servings	12 servings	24servings	48 servings
Tortillas, whole wheat, 8"	6	12	24	48
Chicken, boneless, skinless, cut into strips	1 lb	2 lbs	4 lbs	8 lbs
Tomatoes, diced	1/2 cup	1 cup	2 cups	4 cups
Onions, chopped	1/2 cup	2 cup	2 cups	4 cups
Romaine lettuce, shredded	1/2 cup	3 cup	2 cups	4 cups
Barbeque sauce	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Coat large, non-stick skillet with cooking spray. Grain/Bread X
2. Coat chicken with barbeque sauce. Fruit/Vegetable X
3. Place chicken strips into pan. Cook about 3 minutes on each side. Add barbeque sauce to chicken. Meat/Meat Alternate X
4. Simmer over medium heat for 15 - 25 minutes until chicken is cooked all the way through. Milk
5. Warm tortillas in microwave oven.
6. Combine tomatoes, onions and lettuce in bowl. Place 1-1/2 oz chicken and 1/4 cup vegetable mixture on each tortilla.

Fancy Fish *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	7 servings	14 servings	28 servings	56 servings
Cod filets, frozen (or other white fish)	1 lb	2 lbs	4 lbs	8 lbs
Paprika	Pinch	1/4 tsp	1/2 tsp	1 tsp
Onion powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Pepper	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Oregano, ground	Pinch	1/4 tsp	1/2 tsp	2 tsp
Thyme, ground	Pinch	1/4 tsp	1/2 tsp	3 tsp
Lemon juice, fresh or bottled	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Margarine, soft, melted	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Preheat oven to 350 degrees F. Grain/Bread
2. Place fish on ungreased baking pan. Fruit/Vegetable
3. In small bowl combine paprika, onion powder, pepper, oregano and thyme. Meat/Meat Alternate X
4. Sprinkle mixture over fish. Squeeze lemon juice over fish. Drizzle margarine on top. Milk
5. Bake about 30 minutes or until fish flakes with a fork.

Bunny Sticks *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	6 servings	12 servings	24servings	48 servings
Sweet Potatoes	14 oz	1-3/4 lb	3-1/2 lb	7 lbs
Margarine, melted	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cinnamon, ground	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Poke holes in top of potatoes with a fork. Microwave about 1 minute. Grain/Bread
2. Preheat oven 375 degrees. Fruit/Vegetable X
3. Wash sweet potatoes and peel if desired. Cut into slices. Meat/Meat Alternate
4. Combine margarine, brown sugar and cinnamon in sealable bag. Milk
5. Add sweet potatoes to bag and shake until coated. Spread potatoes onto greased baking sheet.
6. Bake at 375 degrees for 45 minutes.

Pizza Party Pita *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	4 servings	8 servings	16 servings	32 servings
Pita, whole grain	4	8	16	32
Filling:	Pinch	1/4 tsp	1/2 tsp	1 tsp
Ricotta cheese	1/2 cup	1 cup	2 cups	4 cups
White beans, cooked and drained	1/2 cup + 2 Tbsp	1-1/4 cup	2-1/2 cups	5 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Spinach, frozen chopped, thawed	1/2 cup	1 cup	2 cups	4 cups
Tomato sauce	1/2 cup	1 cup	2 cups	4 cups
Milk, fat-free or skim	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Directions:

1. Preheat oven to 350 degrees F. Grain/Bread X
2. In mixing bowl stir together spinach, ricotta cheese, tomatoes and beans. Fruit/Vegetable X
3. Slice pitas open. Place 1/4 cup mixture in each pita. Meat/Meat Alternate X
4. Line baking sheet with lightly greased foil. Place pitas on sheet and brush tops with milk. Milk
5. Place in 350 degree oven for 8 - 10 minutes.

Chicken Alfredo With a Twist Source: Recipes for Healthy Kids Cookbook for Child Care Centers

Ingredients	6 servings	12 servings	25 servings	50 servings
Rotini pasta, whole grain	1/2 lb	1 lb	2 lbs	4lbs
Cream of chicken soup, low-fat, reduced	18 oz	36 oz	75 oz	150 oz
Fat free half and half	1-1/2 cup	3 cups	6 cups	12 cups
Ground white pepper	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Garlic powder	Pinch	1/4 tsp	1/2 tsp	1 tsp
Parmesan cheese, grated	3/4 cup	1-1/2 cups	3 cups	6 cups
Frozen, cooked diced chicken, thawed, 1/2"	3/4 lb	1-1/2 lb	3 lb, 4oz	6-1/2 lbs

Directions:

- | | | |
|--|---------------------|---|
| 1. Cook spaghetti as package directions indicate; drain | Grain/Bread | X |
| 2. Combine soup, half and half, pepper, garlic, parmesan cheese and chicken. | Fruit/Vegetable | |
| 3. Cook over medium heat for 5-10 minutes, stirring often. | Meat/Meat Alternate | X |
| 4. Pour noodles into large baking pan. Add sauce immediately before serving (1 cup). | Milk | |

Johnny Applesauce Pancakes Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24servings	48 servings
Milk, fat free or 1%	1/4 cup	1/2 cup	1 cup	2 cups
Eggs	2	4	8	16
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Applesauce, unsweetened	1/2 cup	1 cup	2 cups	3 cups
Whole wheat flour	3/4 cup	1-1/2 cup	3 cups	6 cups
Baking powder	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cinnamon, ground	Pinch	1/8 tsp	1/4 tsp	1/2 tsp

Directions:

- | | | |
|---|---------------------|---|
| 1. Heat griddle over high heat (about 375 degrees). | Grain/Bread | X |
| 2. Combine milk, eggs, oil and applesauce in a mixing bowl. Mix on low speed until blended. | Fruit/Vegetable | |
| 3. Sift flour, baking powder, salt, sugar, and cinnamon. Using whip attachment, mix batter for about 15 seconds on low speed. Scrape sides of bowl. | Meat/Meat Alternate | |
| 4. Mix for 1 minute on medium speed. Portion 1/4 cup onto griddle for each pancake. | Milk | |
| 5. Cook until bubbles appear on top and bottom is browned. Flip and cook other side (about 1 minute). | | |

Superstar Breakfast Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24 servings	48 servings
Couscous, dry	1/2 cup	1 cup	2 cups	4 cups
Milk, fat free or 1%	1-1/4 cup	2-1/2 cups	5 cups	10 cups
Apples, peeled, sliced	3 cups	6 cups	12 cups	24 cups
Cinnamon, ground	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

- | | | |
|--|---------------------|---|
| 1. In medium saucepan, combine milk and cinnamon. Bring to a boil. | Grain/Bread | X |
| 2. Add couscous and apples. Cover and remove from heat. | Fruit/Vegetable | X |
| 3. Let stand for 5 minutes. | Meat/Meat Alternate | |
| 4. Spoon 3/4 cup of mixture into bowls. | Milk | |

Tasty Tenders Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	5 servings	10 servings	25 servings	50 servings
Chicken, skinless, boneless, breast	3/4 lb	1-1/2 lb	3-1/2 lbs	7 lbs
Wheat bran cereal, crushed	3/4 cup	1-1/2 cup	3-3/4 cup	7-1/2 cup
Milk, fat free or 1%	1/4 cup	1/2 cup	1-1/4 cup	2-1/2 cups
Olive or canola oil	1 Tbsp	2 Tbsp	5 Tbsp	10 Tbsp

Directions:

- | | | |
|---|---------------------|---|
| 1. Preheat oven to 400 degrees. | Grain/Bread | |
| 2. Trim the fat from the chicken. | Fruit/Vegetable | |
| 3. Cut each breast into strips. Soak in milk. | Meat/Meat Alternate | X |
| 4. Roll chicken in cereal crumbs on both sides. Place in oiled pan. Spritz or drizzle with oil. | Milk | |
| 5. Bake at 400 degrees for 30 minutes. | | |

SNACK LIST

Fruit Pizza

Whole grain tortilla spread with strawberry or plain cream cheese, top with sliced fruit.

Shrunken Sandwiches

Slice ham and cheese into small squares or rounds to match the size of the whole grain crackers and stack.

Fruit Wheels

Rice cakes spread with cream cheese and cut up fruit on top.

Veggie Patch Bagel Bites

Mini whole wheat bagels sliced in half, spread with cream cheese and top with diced veggies. Optional: flavor cream cheese by adding tablespoon of dry ranch.

Apple Yogurt

Mix chopped apples with yogurt and top with granola.

Banana dogs

Whole wheat hot dog bun spread with peanut butter or cream cheese, and add banana to the bun.

Waffle Tacos

Spread heated whole grain waffles with peanut butter or cream cheese and top with banana slices. Fold in half like a taco.

Fruit smoothies

Yogurt or milk blended with favorite fruits.

Humpty Dumpty Crack-up!

Slice hard boiled eggs with whole grain crackers, string cheese or fruit.

Strawberry Frozen Yogurt

Blend frozen strawberries with yogurt until smooth.

Fruit Mix Ups

Cottage cheese mixed with fruit such as peaches, pineapple or blueberries.

Power Barbells

Connect cheese cubes to each end of a pretzel stick.

Pumpkin Dip

Mix 3 Tbsp. pureed pumpkin with 1-cup yogurt. Add a splash of orange juice and sprinkle cinnamon to taste. Serve with apple slices and graham crackers.

Turkey Sushi Rolls

Whole wheat tortilla spread with cream cheese. Layer turkey, spinach and shredded carrots, roll tight. Slice into one inch pieces and flip them onto their side to look like sushi.

Pizza Face

Whole wheat English muffin spread with tomato sauce and shredded cheese. Dice up the veggies and allow the kids to create their own crazy pizza face.

Ants on a Log

Celery sticks spread with peanut butter and topped with raisins.

Tortilla Roll-Up

Roll sliced ham and cheese in a whole grain tortilla.

Corn and Black Bean Salsa

Mix 1 can each of drained corn, black beans and diced tomatoes. Serve with whole grain crackers or chips.

Hummus

Combine 1 can chickpeas, ½ tsp cumin, 2 tsp lemon juice and 3 Tbsp liquids from beans in a blender. Blend until smooth. Serve with veggies or whole-wheat pita.

Apple Raisin Ladybugs

Red apple halves (red side up), dip raisins in peanut butter or cream cheese, and sticking on red side of apple. Cut grapes in half for head and feet.

- Give children the opportunity to create their own snacks whenever possible; spreading decorating or peeling.
- Always sanitize cooking area and have children wash their hands before handling food.
- To keep fruit from browning, place sliced fruit in water with a little lemon juice before serving.
- Keep in mind choking hazards for children younger than 4 years: hot dogs, grapes, peanut butter, popcorn, raw vegetables, raisins, candy, chunks of meat or cheese, and anything not easily chewable.

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM - Whole Grain Cereal with Milk PM - Bananas and Whole Grain Crackers	AM - Whole Wheat Animal Crackers and Unsweetened Applesauce PM - Rice Cakes, and Milk	AM - Yogurt and Peaches (in own juice) PM - Black Beans and Brown Rice	AM - Whole Wheat English Muffins w/All Fruit Jam and Milk PM - Edamame and Whole Wheat Crackers	AM - Whole Grain Cereal with Milk PM - Pretzels and Cucumber Slices
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM - Frozen Strawberries and Low Fat Yogurt PM – Whole Wheat Tortillas with Black Beans	AM - Unsweetened Applesauce and Milk PM - Low Fat Cream Cheese, Whole Wheat Crackers and Milk	AM - Whole Grain Toast and Scrambled Eggs PM - Quinoa Pilaf with Mixed Vegetables	AM - Mandarin Oranges (in own juice) and Milk PM - Whole Grain Cereal Mix and Cucumbers	AM - Multi Grain Cheerios Cereal with Milk PM - Carrots and Celery Sticks with Low Fat Ranch Dip and Milk
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM - Multi Grain Life Cereal with Milk PM - Apple Slices and Cheddar Cheese Sticks	AM - Whole Grain Mini-Bagels with Low Fat Cream Cheese and Milk PM – Baby Carrots and Hummus	AM – Yogurt with Canned Pineapple (in own juice) PM - Black Bean and Whole Grain Flour Tortilla Roll-Ups	AM - Bran Muffins and Milk PM – Whole Grain Cereal Mix and Peaches (in own juice)	AM – Multi Grain Cheerios and Milk PM - Multigrain Crackers and Pears (in own juice)
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM – Whole Grain Cheerios with Milk	AM - Egg and Potato Casserole with Whole Wheat Toast	AM – Whole Grain Toast and Pineapple	AM - Low Fat Yogurt and Frozen Strawberries	AM - Multi Grain Cheerios Cereal with Milk
PM – Carrots and Low Fat Ranch Dip with Milk	PM - Apples and Cheddar Cheese Cubes	PM – Baked Sweet Potato Wedges and Milk	PM - Rice Cakes and Green Beans	PM - Graham Crackers and Unsweetened Applesauce
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM - Clementines and Low Fat Yogurt	AM - Bananas and Milk	AM - Scrambled Eggs and Whole Wheat Toast	AM - Apple Cinnamon Oatmeal and Milk	AM - Multi Grain Cheerios Cereal with Milk
PM – Whole Grain Corn Chips and Tomato Salsa	PM - Whole Grain Pasta with Tomatoes	PM - Quinoa Pilaf with Mixed Vegetables	PM – Roasted Chick Peas and Peaches (in own juice)	PM - Cucumber Slices, Green Pepper Strips and Hummus
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				

PACKING GUIDELINES

If your program relies on parents to supply meals and/or snacks, the following language may be implemented to ensure food brought in meets OHP Menu Requirements:

Please help us by making sure your child's meals and snacks meet the Ohio Healthy Programs menu guidelines. When a food group is missing from your child's lunch, [Center's name] will offer the child the appropriate food. When noncompliance occurs on a regular basis, we will notify you.

Lunch/Supper

Each child's meal brought from home must contain the following amount from each food component, according to the different age groups:

Food Group	1 - 2 Years	3 - 5 Years	6 - 12 years	Examples of healthy foods												
Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	<ul style="list-style-type: none"> For children under 2: whole milk For children 2 and up: 1% or skim milk 												
Meat or Meat Alternate	1 oz.	1 1/2 oz.	2 oz.	<ul style="list-style-type: none"> Natural Cheese Chicken (grilled or baked) Lean beef, in meat sauce or hamburger Tuna, fresh or canned Hardboiled egg (1 large egg = 2 oz.) 												
	1/4 Cup	3/8 Cup	1/2 Cup	<ul style="list-style-type: none"> Cooked beans or refried beans Cottage Cheese 												
	4 oz.	6 oz.	8 oz.	<ul style="list-style-type: none"> Plain or low-sugar yogurt 												
	2 Tbsp.	3 Tbsp.	4 Tbsp.	<ul style="list-style-type: none"> Peanut or other nut butter 												
	1/2 Cup	3/4 Cup	1 Cup	<ul style="list-style-type: none"> Bean soup 												
Breads/Grain/Pasta/Rice	1/2 Slice	1/2 Slice	1 Slice	<ul style="list-style-type: none"> Whole grain bread Whole grain English muffin 												
	1/4 Cup	1/4 Cup	1/2 Cup	<ul style="list-style-type: none"> Brown rice Whole grain pasta Oatmeal 												
	1/3 oz.	1/2 oz.	1 oz.	<ul style="list-style-type: none"> Whole grain bagel (1/2 of regular-sized bagel = 1 oz. grain) Whole grain tortilla (1 6-inch tortilla = 1 oz. grain) 												
Fruit	1/8 Cup	1/4 Cup	3/8 Cup	<ul style="list-style-type: none"> Fresh or canned fruit, sliced, chopped <table style="margin-left: 20px; border: none;"> <tr> <td>Apple</td> <td>Pears</td> </tr> <tr> <td>Peaches</td> <td>Melon</td> </tr> <tr> <td>Blueberries</td> <td>Pineapple</td> </tr> <tr> <td>Strawberries</td> <td>Clementines</td> </tr> </table> Applesauce 	Apple	Pears	Peaches	Melon	Blueberries	Pineapple	Strawberries	Clementines				
Apple	Pears															
Peaches	Melon															
Blueberries	Pineapple															
Strawberries	Clementines															
Vegetable	1/8 Cup	1/4 Cup	3/8 Cup	<ul style="list-style-type: none"> Raw or cooked vegetable, chopped <table style="margin-left: 20px; border: none;"> <tr> <td>Cauliflower</td> <td>Tomatoes</td> </tr> <tr> <td>Peppers</td> <td>Sweet potato</td> </tr> <tr> <td>Broccoli</td> <td>Green beans</td> </tr> <tr> <td>Sugar snap peas</td> <td>Collard greens</td> </tr> <tr> <td>Cucumber</td> <td>Eggplant</td> </tr> <tr> <td>Zucchini/Squash</td> <td>Salad greens</td> </tr> </table> Vegetable soup (1 cup soup = 1/4 cup vegetable) 	Cauliflower	Tomatoes	Peppers	Sweet potato	Broccoli	Green beans	Sugar snap peas	Collard greens	Cucumber	Eggplant	Zucchini/Squash	Salad greens
Cauliflower	Tomatoes															
Peppers	Sweet potato															
Broccoli	Green beans															
Sugar snap peas	Collard greens															
Cucumber	Eggplant															
Zucchini/Squash	Salad greens															

Snack

Each child's snack must contain two of the following amount from each food component, according to the different age groups:

Food Group	1 - 2 Years	3 - 5 Years	6 - 12 years	Examples of healthy foods
Milk, Fluid, Unflavored	1/2 Cup	1/2 Cup	1 Cup	<ul style="list-style-type: none"> For children under 2: whole milk For children 2 and up: 1% or skim milk
Meat or Meat Alternate	1/2 oz.	1/2 oz.	1 oz.	<ul style="list-style-type: none"> Natural Cheese Tuna, fresh or canned Hardboiled egg (1 large egg = 2 oz.)
	2 oz.	2 oz.	4 oz.	<ul style="list-style-type: none"> Plain or low-sugar yogurt
	2 Tbsp.	3 Tbsp.	4 Tbsp.	<ul style="list-style-type: none"> Peanut or other nut butter
Breads/Grains/ Pasta/Rice	1/2 Slice	1/2 Slice	1 Slice	<ul style="list-style-type: none"> Whole grain bread Whole grain English muffin
	1/3 oz.	1/2 oz.	1 oz.	<ul style="list-style-type: none"> Whole grain bagel (1/2 of regular-sized bagel = 1 oz. grain) Whole grain tortilla (One 6-inch tortilla = 1 oz. grain) Whole grain breakfast cereal (3/4 cup cereal = 1 oz.)
Fruit	1/2 Cup	1/2 Cup	3/4 Cup	<ul style="list-style-type: none"> Fresh fruit, sliced, chopped <ul style="list-style-type: none"> Apple Pears Peaches Melon Blueberries Kiwi Strawberries Pineapple Clementines Plums Applesauce
Vegetable	1/8 Cup	1/4 Cup	3/8 Cup	<ul style="list-style-type: none"> Raw or cooked vegetable, chopped <ul style="list-style-type: none"> Cauliflower Tomatoes Peppers Sweet potato Radishes Cabbage Broccoli Green beans Sugar snap peas Collard greens Cucumber Eggplant Zucchini/Squash Salad greens Vegetable soup (1 cup soup = 1/4 cup vegetable)

OHIO'S SEASONAL PRODUCE AVAILABILITY

May	June	July	August	September	October
Asparagus	Asparagus	Beans	Apples	Apples	Apples
Broccoli	Beans	Beets	Beans	Beans	Beets
Cabbage	Beets	Blackberries	Beets	Beets	Cabbage
Collard greens	Broccoli	Blueberries	Blackberries	Blueberries	Carrots
Kale	Cabbage	Cabbage	Blueberries	Broccoli	Cauliflower
Mustard greens	Collard greens	Carrots	Cabbage	Cabbage	Collard Greens
Radishes	Endive	Collard greens	Cantaloupe	Cantaloupe	Corn
Rhubarb	Gooseberries	Corn	Carrots	Carrots	Grapes
Spinach	Green Onions	Currants	Collard	Cauliflower	Green Onions
Strawberries	Herbs	Endive	Greens	Collard Greens	Herbs
Turnip Greens	Kale	Green Onions	Corn	Corn	Kale
	Lettuce	Gooseberries	Cucumbers	Cucumbers	Leeks
	Mustard greens	Herbs	Eggplant	Eggplant	Lettuce
	Peas	Kale	Grapes	Endive	Mustard Greens
	Radishes	Leeks	Green	Grapes	Onions
	Raspberries	Lettuce	Onions	Green Onions	Parsnips
	Rhubarb	Mustard Greens	Herbs	Herbs	Peppers
	Spinach	Okra	Leeks	Kale	Potatoes
	Squash	Peaches	Kale	Leeks	Pumpkins
	Strawberries	Peas	Lettuce	Lettuce	Onions
	Zucchini	Radishes	Mustard Greens	Mustard Greens	Turnip Greens
		Okra	Okra	Peppers	Watermelon
		Radishes	Spinach	Onions	Winter Squash
		Raspberries	Peaches	Parsnips	
		Spinach	Peppers	Peaches	
		Squash	Potatoes	Peppers	
		Strawberries	Radishes	Pumpkins	
		Tomatoes	Raspberries	Potatoes	
		Turnip Greens	Squash	Radishes	
		Zucchini	Spinach	Raspberries	
			Strawberries	Spinach	
			Tomatoes	Squash	
			Turnip Greens	Strawberries	
			Winter Squash	Tomatoes	
			Zucchini	Turnip Greens	
				Turnips	
				Watermelon	
				Winter Squash	
				Zucchini	



Policy Recommendations for Early Care Programs

Vision

All organizations that complete Growing Healthy Kids training and technical assistance will offer an environment where children have access to healthy foods and beverages and opportunities for daily activity that ensures children are ready to live, learn and play at their best.

Disclaimer

This policy book contains recommendations for policies regarding healthy physical activity, healthy eating, healthy growing, and healthy families. Some of the suggested policies listed in each category may pertain more to early care centers and not to home based settings. Use your best judgement to determine which policies would be most applicable and feasible for your program.

HEALTHY POLICY

Why should early care professionals focus on ‘Policy, Systems and Environmental Change’?

Policy, systems and environmental change is a different way to approach the prevention of health issues like obesity, diabetes, cancer and other chronic diseases. It recognizes that in addition to knowing how to be healthy, children need to have healthy options readily available.

Policy, systems and environmental change is a way of changing laws, rules and environments to make healthy choices practical and available to every child. Specifically, adopting written policies can set standards of excellence in physical activity and nutrition. Making these policies available in your handbook make it clear that you support a healthy environment for children to live, learn and play at their best.

Aren’t state regulations enough?

Unfortunately, in 2016, Ohio’s licensing rules only included 23% of the 47 health and wellness standards recommended by national experts.¹

What is policy?

Policy is a specific rule or course of action to support the mission, vision and goals of an individual or group. Policies are your program’s way of telling the administrator, staff, and families, “This is how we operate our program.”

What is regulation?

A governmental order having the force of law (i.e., requirements set forth by licensing). Compliance is required for licensing or accreditation.

Why are healthy policies important in the child care setting?

In 2015, approximately 7.7 million 3 to 5 year-olds were enrolled in preprimary programs nationwide.² Furthermore, of those 7.7 million children enrolled in child care, 64% were enrolled in full-day programs.² These statistics illustrate the significant amount of time that children spend in early care. Many researchers argue that a healthy early care environment is an essential component of obesity prevention efforts. It can also be assumed that a significant portion of children’s nutrition and physical activity needs will be (or arguably should be) met while in early care.

The bottom line is that early care plays a major role in a child’s day and presents an excellent opportunity to help children develop healthy habits that can help prevent obesity and chronic disease throughout the lifespan.

What are the benefits of policies?

Policies help set the stage for accurate, timely and consistent messages. They create more sustainable change that can withstand staff turnover and allow for written documentation to ease discrepancies among parents or teachers.

What are the characteristics of an effective policy?

Remember that policies must include the date on which they were implemented. This is a requirement to receive OHP status. Strong policies should also be:

1. Specific. Address time, action and/or words.
2. Clearly written with simple language that is easy to understand.
3. Available to all people involved, including parents and staff.

The following policy guide is designed to assist you in policy, system and environment changes that make the healthy choice the easy choice for you, staff, parents and the children you serve.

INCREASE PHYSICAL ACTIVITY

Physical Activity Policy Goals:

Goal 1: Consistent with the *National Association for Sport and Physical Education (NASPE) Active Start – Physical Activity Guidelines for Children Ages Birth to Five Years*, the child care program has a policy requiring that all children are provided with at least 60 minutes of physical activity per day including both teacher led activity and free play.

Physical Activity Guidelines for Infants (birth to 12 months):

1. Infants should interact with caregivers in daily physical activities that are dedicated to exploring movement and the environment.³
2. Caregivers should place infants in settings that encourage and stimulate movement experiences and active play for short periods of time several times a day.³
3. Infants' physical activity should promote skill development in movement.³
4. Infants should be placed in an environment that meets or exceeds recommended safety standards for performing large-muscle activities.³
5. Those in charge of infants' well-being are responsible for understanding the importance of physical activity and should promote movement skills by providing opportunities for structured and unstructured physical activity.³

Physical Activity Guidelines for Toddlers (12 to 36 months):

1. Toddlers should engage in a total of at least 30 minutes of structured physical activity each day.³
2. Toddlers should engage in at least 60 minutes – and up to several hours – per day of unstructured physical activity and should not be sedentary for more than 60 minutes at a time, except when sleeping.³
3. Toddlers should be given ample opportunities to develop movement skills that will serve as the building blocks for future motor skillfulness and physical activity.³
4. Toddlers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.³
5. Those in charge of toddlers' well-being are responsible for understanding the importance of physical activity and promoting movement skills by providing opportunities for structured and unstructured physical activity and movement experiences.³

Physical Activity Guidelines for Preschool-age children (3-5 years):

1. Preschoolers should accumulate at least 60 minutes of structured physical activity each day.³
2. Preschoolers should engage in at least 60 minutes –and up to several hours –of unstructured physical activity each day, and should not be sedentary for more than 60 minutes at a time, except when sleeping.³
3. Preschoolers should be encouraged to develop competence in fundamental motor skills that will serve as the building blocks for future motor skillfulness and physical activity.³
4. Preschoolers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.³
5. Caregivers and parents in charge of preschoolers' health and well-being are responsible for understanding the importance of physical activity and for promoting movement skills by providing opportunities for structured and unstructured physical activity.³

Goal 2: The child care program policy requires that all children have opportunities to be physically active every day and that opportunities for physical activity will not be withheld as a punishment.

REDUCE SCREEN TIME

Screen Time Policy Goals:

Goal 1: The child care program has a policy that limits television viewing and other screen time activities in accordance with the American Academy of Pediatrics' recommendations for screen time.

Screen-time Recommendation for Children under 18 months old:

No screens except for video chatting.¹³

Screen-time Recommendations for Children 18 months to 5 years:

Consistent with the AAP recommendations to limit screen time to less than 1 hour per day total and recognizing that screen time activities may be available in the child's home environment, the program has a policy limiting television viewing and other screen time to less than 30 minutes per week.^{13,14}

Screen-time Recommendations at Meals:

No screens during meal or snack times.¹³

Screen-time Recommendations for Sleep:

No screens 1 hour before bedtime.¹³ Turn off all screens during sleep, including naps.

WELCOME BREASTFEEDING

Breastfeeding Policy Goals:

Goal 1: Program policies support and encourage breastfeeding as the preferred form of infant feeding.

ESTABLISH HEALTHY EATING HABITS

Nutrition Policy Goals:

Goal 1: Program policies require that daily menus, including meals and snacks combined, will offer at least ½ of the cup/ounce equivalents of the age-appropriate recommendations of the USDA Dietary Guidelines. The menus will meet or exceed the USDA Dietary Guidelines for Americans recommendations for saturated fat, trans fat, sugar and sodium for children ages 2-5 years.

Nutrition Guidelines: (*Note: These guidelines meet or exceed the ODJFS child care licensing requirements and CACFP reimbursement guidelines*)

Toddlers and Preschoolers (12 months to 5 years):

1. 3 ounce equivalents of grains per day (at least 1 ½ ounce equivalents will be whole grains)
2. 1 ¼ cup equivalents vegetables per day (at least .5 cup equivalents will be dark green or orange)
3. ¾ cup equivalents fruit per day
4. 1 ½ cup equivalents milk per day (whole milk until 24 months, skim or 1% for children ages 2 years and older)
5. 2 ½ ounce equivalents meat/beans per day
6. < 10% of calories from saturated fat
7. < 1150 milligrams of sodium per day. (Note: <1150 milligrams = ½ of the USDA guideline of < 2300 mg/day).

Goal 2: Program policies require that foods served in classroom celebrations will contribute to the USDA Dietary Guidelines and a greater proportion of nutrient dense foods will be offered as compared to nutrient poor, energy-dense foods.

Healthy Eating Environment Policy Goals:

Goal 1: Program policies prohibit the use of food(s) as reward or punishment and prevent restrictive or coercive feeding practices.

Goal 2: Program policies require that all children will be offered age appropriate portion sizes at meals and snacks. Children are allowed to self-regulate intake by asking for additional portions as desired and by not requiring children to clean their plates. Staff model healthy eating behaviors for children.

PROMOTE WATER FIRST FOR THIRST

Healthy Beverage Policy Goals:

Goal 1: Program policies require that water, milk and 100% fruit juice are the only beverages offered. Milk and fruit juice offerings are consistent with American Academy of Pediatrics' recommendations.

- Water first for thirst
- Milk
 - Birth–12 months: Breast milk or iron-fortified formula only
 - 12–24 months: Whole milk
 - 2 years and older: Skim or 1% milk
- 100% fruit juice
 - Birth–12 months: 0 ounces
 - 12 months–3 years: No more than 4 ounces
 - 3 years and older: No more than 6 ounces

ADDITIONAL TOPICS

Healthy Celebration Policy Goals and Model Policies:

Goal 1: Program policies promote a healthy eating and physical activity environment at celebrations and other program-sponsored events.

Positive Body Image Policy Goals and Model Policies:

Goal 1: Program policies support staff and child interactions that help promote a healthy body image for children.

Healthy Modeling Policy Goals and Model Policies:

Goal 1: Program policies support staff modeling of healthy behaviors for children.

Healthy Communication and Evaluation Policy Goals and Model Policies:

Goal 1: Program policies support sharing of health-related information with families and prompt referral to health experts when indicated.

Goal 2: Program policies encourage parent input and subsequent program improvement.

Smoke- and Tobacco-Free Policy Goals and Model Policies:

Goal 1: Program policies create environments for children that are free of secondhand and thirdhand smoke.

SAMPLE POLICIES

Topic	Beginner Policies
Physical Activity	<ul style="list-style-type: none"> ▪ All children are provided with 60 minutes of developmentally appropriate physical activity each day, including a combination of both teacher-led and free play. ▪ Opportunities for physical activity are incorporated into other lessons and classroom teachers provide short physical activity breaks between lessons or activities as appropriate.¹⁰ ▪ Children are not allowed to remain sedentary or sit passively for more than 60 minutes continuously, except during scheduled rest or naptime.⁶ ▪ Physical activity is taught as specific learning objectives and woven into activities throughout the day. ⁹ ▪ Physical activity is not used as an incentive or punishment. We do not reward or punish children for what they choose as their physical activity.⁹ ▪ Active play time is not withheld when children misbehave.⁸
Screen Time	<ul style="list-style-type: none"> ▪ Television, video, computers and other visual recordings are not used with children under 18 months of age.⁶
Breastfeeding	<ul style="list-style-type: none"> ▪ All staff working with infants will be trained in the proper storage and handling of human milk, as well as ways to support breastfeeding mothers. ¹⁵
Healthy Eating Habits	<ul style="list-style-type: none"> ▪ A variety of food is served which broadens each child's food experiences.¹⁰ ▪ Mealtime is used as an opportunity to teach nutrition and/or food concepts.¹¹ ▪ Our menus include a combination of new and familiar foods.⁷ <ul style="list-style-type: none"> ▪ Each child will receive meals and snacks that adhere to the following requirements: <ul style="list-style-type: none"> ▪ Offer a whole grain food daily ▪ Offer only cereals with 6g or less of sugar per dry ounce ▪ Offer a different non-fried vegetable daily ▪ Offer a different whole fruit daily ▪ Offer no more than 4-6 fl. oz. of 100% juice per day ▪ Offer only beverages with no added sugar/sweeteners ▪ Offer fried foods no more than once a week ▪ Offer no highly processed meats, regardless of animal type (beef, pork, turkey, chicken, etc). This includes but is not limited to: Hot dogs or frankfurters, pepperoni, sausage (i.e. breakfast, salami, Polish, summer, Italian, etc.), bologna, and/or liverwurst ▪ Nutrition is taught as a specific learning objective and woven into activities throughout the day.
Healthy Eating Environment	<ul style="list-style-type: none"> ▪ Each child is encouraged, but not forced, to eat or taste his or her food.¹⁰ ▪ Foods and beverages are not used as rewards for academic performance or good behavior.¹² ▪ We provide at least 30 minutes for lunch/dinner(if applicable) and at least 20 minutes for breakfast.¹¹ ▪ Meals and snacks are scheduled at least two hours but not more than three hours apart in order to improve optimal child nutrition.¹¹ ▪ We require children to wash hands before eating and after toileting.¹¹
Water First for Thirst	<ul style="list-style-type: none"> ▪ We make drinking water freely available so children can serve themselves both inside and outdoors.⁷ ▪ Beverages with added sweeteners, whether artificial or natural, are not provided to children.

Healthy Celebrations	<ul style="list-style-type: none"> ▪ All celebrations will include at least one physical activity (dance party, group games, scavenger hunts, obstacle course, etc.). Activities may take place outside if weather permits.¹⁷ ▪ Water or unflavored milk will be served at celebrations. We do not serve beverages with added sugars.¹⁷
Positive Body Image	<ul style="list-style-type: none"> ▪ Staff do not comment on the weights of children, other staff members or themselves. Staff do not discuss dieting in front of children.
Modeling	<ul style="list-style-type: none"> ▪ Staff members join children at the table for meals and snacks.⁸ ▪ Staff members do not use their personal electronic devices such as smart phones or tablets in the presence of children.¹³
Smoke- and Tobacco-Free	<ul style="list-style-type: none"> ▪ No smoking or tobacco paraphernalia is permitted in child care areas. Staff may store cigarettes and other smoking or tobacco paraphernalia in an area where it will not be accessible by or visible to children, such as a locker or office.²²

Topic Intermediate Policies	
Physical Activity	<ul style="list-style-type: none"> ▪ Children are not allowed to remain sedentary or sit passively for more than 60 minutes continuously, except during scheduled rest or naptime.6 ▪ Toddlers engage in at least 60 minutes of unstructured physical activity per day at child care. ▪ Toddlers engage in at least 30 minutes of structured physical activity, accumulated throughout the course of the day at child care. 5 ▪ Preschool-age children engage in at least 60 minutes of unstructured physical activity per day at child care.5 ▪ Preschool-age children are scheduled for at least 60 minutes of structured physical activity, accumulated throughout the course of the day at child care.5 ▪ We provide teacher-directed physical activity education for children through a standardized curriculum. 7
Screen Time	<ul style="list-style-type: none"> ▪ For children over 18 months of age, television, video, and computer time are limited to one time per week or less and not more than 30 minutes each time.¹¹
Breastfeeding	<ul style="list-style-type: none"> ▪ Breastfeeding mothers shall be provided a private and sanitary place to breastfeed their babies or express milk. The area will have an electrical outlet, comfortable chair, and nearby access to running water.15
Healthy Eating Habits	<ul style="list-style-type: none"> • Menus include foods from a variety of cultures.8 ▪ Teachers engage in social interaction and conversation with children about the concepts of color, quantity and temperature of food.11 ▪ Age-appropriate nutrition education and nutrition promotion activities are integrated into classroom instruction, including culturally relevant, participatory activities, such as taste testing, farm visits, and school gardens.12
Healthy Eating Environment	<ul style="list-style-type: none"> • Sufficient time is allowed for each child to eat. The daily schedule promotes a relaxed and adequate period for meals and snacks.7
Water First for Thirst	<ul style="list-style-type: none"> • 100% juice is offered no more than three times a week.8
Healthy Celebrations	<ul style="list-style-type: none"> • Celebration food items will always include fruit and/or vegetable options.17
Positive Body Image	<ul style="list-style-type: none"> • Staff use only positive words to describe themselves and others.
Modeling	<ul style="list-style-type: none"> • Program staff only consume beverages in front of children that are also appropriate for children. Such beverages are limited to water, 100% juice, or milk. • Only food or drink offered to the children as a meal or snack may be consumed in the presence of children.18
Smoke- and Tobacco-Free	<ul style="list-style-type: none"> • Employees who use tobacco at home are offered a referral to the Tobacco Quit Line (1-800-QUIT-NOW) as a resource for tobacco cessation. • Our program advocates for smoke- and tobacco-free environments for children while they are both inside and outside of our facility. We educate families about the harmful effects of secondhand and thirdhand smoke on infants and children and engage families in discussion about the importance of providing smoke- and tobacco-free environments for their children.

Topic	Expert Policies
Physical Activity	<ul style="list-style-type: none"> • Staff members receive training on physical activity (other than playground safety training) twice per year or more. 8 • Information is regularly provided to parents about their child’s daily physical activity.9 • We offer physical activity education to parents 2 times a year or more. 7
Screen Time	<ul style="list-style-type: none"> • Television or videos are never shown in the facility. 8
Breastfeeding	<ul style="list-style-type: none"> • The program is committed to providing ongoing support for breastfeeding mothers, including providing an opportunity to breastfeed their baby in the morning and evening and holding giving a bottle, if possible, when mom is due to arrive.15
Healthy Eating Habits	<ul style="list-style-type: none"> • Foods brought from home must include fruits and/or vegetables and whole grains daily. Candy, sugar-sweetened beverages, and dessert foods must not be included in meals or snacks brought from home.11 • A cycle menu of three weeks or longer that changes with the seasons is used. Entrees are repeated no more than two times throughout the cycle, and repetition of other food items is minimal. 8 • If children bring prohibited foods into the center/home, these foods are returned home with a copy of the program’s nutrition standards.11 • Soda, sweets and candy are never served at the center/home.11
Healthy Eating Environment	<ul style="list-style-type: none"> • Staff members consume the same food and drinks as the children. Staff members do not consume other foods and drinks in front of the children.8 • Meals are served family style.8 • Children serve themselves during meals and snacks with adult supervision.9
Water First for Thirst	<ul style="list-style-type: none"> • Vending machines containing soda and other beverages with a low nutritional value are not located on site.8
Healthy Celebrations	<ul style="list-style-type: none"> • Parents are encouraged to send in non-food treats such as stickers, a game or book for the class, erasers, small toys, or sports equipment.17 • Celebrations that involve food will be limited to no more than one party per classroom per month. Each party will include no more than one food or beverage that does not meet the USDA Dietary Guidelines for Americans.12 • Foods served at events outside the program’s normal operating hours will meet the same nutrition standards as foods served at meals and snacks.12
Positive Body Image	<ul style="list-style-type: none"> • Staff members receive training on healthy body weight and lifestyles at least once a year.
Modeling	<ul style="list-style-type: none"> • If staff members choose to celebrate personal special occasions (e.g., birthdays) at the center/home, they follow the same nutritional standards set for children’s celebrations. 19
Smoke- and Tobacco-Free	<ul style="list-style-type: none"> • While performing job duties, employees who are exposed to secondhand smoke or who use tobacco at home will provide and wear clothing that has not been exposed to smoke or tobacco.21

POLICY RECOMMENDATIONS

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