

Norfolk State University Preschool Academy

Nutrition Policy

To provide the best possible nutrition for the children in our facility, we have adopted the policies as listed below. As advised by Nemours Health and Prevention Services, children are provided with an environment that encourages and teaches healthy food and drink habits.

Fruits and Vegetables

- ✓ We offer fruit to children at least 2 times a day.
- ✓ We only offer fruit canned in its own juice (no syrups), fresh, or frozen.
- ✓ We offer vegetables to children at least 2 times a day.
- ✓ We only offer vegetables steamed, boiled, roasted, or lightly stir-fried with little added fat.

Meats, Fats, and Grains

- ✓ We never offer fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks).
- ✓ We never offer fried or pre-fried potatoes (French fries, tater tots, hash browns).
- ✓ We offer beans or lean meats at least once a day.
- ✓ We offer high fiber, whole grain foods at least 2X a day.

Added Sugar and Salt

- ✓ We follow the American Heart Association's recommendations for daily added sugar and salt servings. For children over the age of 2:
 - no more than 25 grams of added sugar daily,
 - no more than 2,300 grams of salt
- ✓ We make an effort to limit the serving of foods with added sugars and salts.

Beverages

- ✓ We make drinking water a priority for children. It is freely available so children can serve themselves both inside and outdoors.
- ✓ We almost never offer sweetened drinks other than 100% juice.
- ✓ We offer no more than one serving of 100% fruit or vegetable juice per day (1/2 cup for breakfast or 1/4 cup for lunch or supper)
- ✓ We serve only 1% or skim milk to children age 2 or older.
- ✓ We do not have soda or other vending machines on site.

Menus and Variety

- ✓ We have 4 week cycle menu that allows for seasonal changes.
- ✓ Our menus include healthy items from a variety of cultures.
- ✓ Our menus include a combination of new and familiar foods.

Feeding Practices

- ✓ Our staff help children determine if they are full before removing their plate.
- ✓ Our staff help children determine if they are still hungry before serving additional food.
- ✓ Our staff gently and positively encourage children to try a new or less favorite food.
- ✓ We do not use food to encourage positive behavior.

Foods Offered Outside of Regular Meals and Snacks

- ✓ We provide and enforce written guidelines for healthier food brought in and served for holidays and celebrations.
- ✓ Celebrations are inclusive, respectful of everyone's beliefs, and aligned with our policies. For
 - Instead of food items, we offer students an opportunity to choose an item from our birthday menu as a way to celebrate their special day.
- ✓ We celebrate holidays with mostly healthy foods or non-food treats.
- ✓ Our fundraising efforts consist of selling minimal non-food items.

Supporting Healthy Eating

- ✓ Our staff join children at the table for meal times.
- ✓ We are always serve meals family style.
- ✓ Our staff always consume the same food and drink as the children.
- ✓ Our staff never eat unhealthy foods in front of the children.
- ✓ Posters, pictures, and books are displayed to provide visible support for good nutrition in classrooms and common areas
- ✓ Our staff often talk informally with the children about trying and enjoying healthy foods.

Nutrition Education for Staff, Children, and Parents

- ✓ We provide teacher-directed nutrition education to the children, through a standardized curriculum, 1X per week or more.

Staff Training

- Information on the nutrition policy is included in the staff orientation.
- Training opportunities for staff on nutrition (other than food safety and food program guidelines) are offered at least once a year.

Parent Communication

- We communicate regularly with parents and provide information and advice on child nutrition, obesity prevention, healthy food and drink habits, and healthy recipes to try at home. For example newsletters, orientation days, information sessions and informal discussions.
 - We will offer nutrition education to parents 2X per year or more.
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Adapted from both “Child Care Nutrition and Physical Activity Policies” by the NAP SACC Program, Center for Health Promotion and Disease Prevention, The University of North Carolina, Chapel Hill, NC, May 2007; and, “Best Practices for Healthy Eating” by the Nemours Foundation, 2016.

**Norfolk State University
Preschool Academy**

Parent Agreement for Nutrition Policy

By signing below, I acknowledge that I have received, fully read, and understood the attached **Nutrition Policy**.

I declare that I have reviewed this policy and will do my best to support a healthy environment for my child at the NSU Preschool Academy and at home.

I understand that if I have any questions or concerns about this policy, it is my responsibility to discuss this with staff.

Child's Name: _____

Parent/Guardian's Name: _____

Signature of Parent/Guardian

Date

☺ **Please, return this page to school.**