

Missouri Eat Smart Guidelines – Child Care (for children ages 2 through 12)

CHILD CARE MEALS: ALL LICENSED FACILITIES		
MINIMUM	INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)
BREAKFAST:	BREAKFAST:	BREAKFAST:
<input type="checkbox"/> All child care meals comply with USDA regulations and state policies.	<input type="checkbox"/> At least 50% of cereals offered contain: <ul style="list-style-type: none"> ▪ No more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. * 	<input type="checkbox"/> At least 50% of cereals offered contain: <ul style="list-style-type: none"> ▪ No more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving* and ▪ At least 1 gram of fiber per serving.
	<input type="checkbox"/> Sweet breakfast items, such as breakfast pastries, donuts, poptarts, toaster pastries, sweet rolls, muffins, cereal bars and other sweet breads are served one time per week or less.	<input type="checkbox"/> Sweet breakfast items, such as breakfast pastries, donuts, poptarts, toaster pastries, sweet rolls, muffins, cereal bars and other sweet breads are served one time per month or less.
	<input type="checkbox"/> A whole grain** food is offered one breakfast per week or more.	<input type="checkbox"/> A whole grain** food is offered at least three breakfasts per week.
	<input type="checkbox"/> Fresh, canned, dried or frozen fruits or vegetables (excluding juice) are offered three breakfasts per week or more.	<input type="checkbox"/> Fresh, canned (packed in juice), dried or frozen fruits or vegetables (excluding juice) are offered daily for breakfast. <ul style="list-style-type: none"> ▪ Fresh fruits or vegetables are offered one breakfast per week or more.
	<input type="checkbox"/> Menus include low sugar syrups and jellies with no artificial sweeteners.	<input type="checkbox"/> Fresh fruit, applesauce and other fruit toppings (unsweetened) are used in place of syrups and added sugars.
	<input type="checkbox"/> Low fat (1% or ½%) or skim (nonfat) milk is served daily, flavored or unflavored.	<input type="checkbox"/> Only low fat (1% or ½%) or skim (nonfat) milk is served daily, flavored or unflavored.

*See Definitions at the end of the document for calculation.

**Whole grains include, but are not limited to whole wheat flour, graham flour, brown rice, oatmeal and cornmeal. To be considered as a food containing whole grain, a commercially produced food item would have a whole grain listed as one of the first three ingredients on the product's ingredient list. The 2005 Dietary Guidelines for Americans recommend that at least half of an individual's recommended grain servings come from whole grains.

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LUNCH or SUPPER:	LUNCH or SUPPER:	LUNCH or SUPPER:
<input type="checkbox"/> All child care meals comply with USDA regulations and state policies.	<input type="checkbox"/> Processed breaded meats such as fish sticks, chicken nuggets, chicken patties, pork patties, etc. are served no more than two times per week, unless items served contain no more than 12 grams of total fat per 1½ oz meat/meat alternate serving (or no more than 16 grams of total fat per 2 oz serving).	<input type="checkbox"/> Processed breaded meats such as fish sticks, chicken nuggets, chicken patties, pork patties, etc. are served no more than one time per week unless items served contain no more than 12 grams of total fat per 1½ oz meat/meat alternate serving (or no more than 16 grams of total fat per 2 oz serving).
	<input type="checkbox"/> Hot dogs, corndogs, bologna, pepperoni, Polish sausage, Spam, Treet, liverwurst, smoked sausage, salami, summer sausage, and other luncheon meats are served no more than once every two weeks.	<input type="checkbox"/> Hot dogs, corndogs, bologna, pepperoni, Polish sausage, Spam, Treet, liverwurst, smoked sausage, salami, summer sausage and other luncheon meats are served no more than once per month.
	<input type="checkbox"/> A whole grain** food is served one time per week or more.	<input type="checkbox"/> A whole grain** food is served three times per week or more.
	<input type="checkbox"/> Fresh (raw) fruits or vegetables are served one or more times per week. <input type="checkbox"/> Juice is not served as one of the required fruit/vegetable servings.	<input type="checkbox"/> Fresh (raw) fruits or vegetables are served three or more times per week. <input type="checkbox"/> Juice is not served as one of the required fruit/vegetable servings.
	<input type="checkbox"/> Low fat (1% or ½%) or skim (nonfat) milk is served daily, flavored or unflavored.	<input type="checkbox"/> Only low fat (1% or ½%) or skim (nonfat) milk is served daily, flavored or unflavored.
		<input type="checkbox"/> Only reduced fat and/or fat free salad dressings are served.

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MINIMUM	INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)
OVERALL MEAL PATTERN (Breakfast, Lunch and Dinner):	OVERALL MEAL PATTERN (Breakfast, Lunch and Dinner):	OVERALL MEAL PATTERN (Breakfast, Lunch and Dinner):
<input type="checkbox"/> All child care meals comply with USDA regulations and state policies.	<input type="checkbox"/> Dark green or orange fruits or vegetables are served at least two times per week.	<input type="checkbox"/> Dark green or orange fruits or vegetables are served at least three times per week.
<input type="checkbox"/> A variety of food which broadens each child's food experiences is served.	<input type="checkbox"/> A variety of food which broadens each child's food experiences is served.	<input type="checkbox"/> Foods served at a meal include a variety of textures, shapes, temperatures, sizes and colors. <input type="checkbox"/> Menus reflect the ethnicity and culture of all children in the center.
	<input type="checkbox"/> 100% fruit juice is served no more than once per day or less.	<input type="checkbox"/> 100% fruit juice is served no more than three times per week, or less.
	<input type="checkbox"/> No foods containing artificial sweeteners are served.	<input type="checkbox"/> No foods containing artificial sweeteners are served.
SNACKS:	SNACKS:	SNACKS:
<input type="checkbox"/> All child care meals comply with USDA regulations and state policies.	<input type="checkbox"/> Sweet snacks, such as sweet pastry items, cookies, cakes, pie, quick breads, cereal bars, etc., are served no more than one time per week.	<input type="checkbox"/> Sweet snacks, such as sweet pastry items, cookies, cakes, pie, quick breads, cereal bars, etc., are served no more than one time every two weeks, or less.
	<input type="checkbox"/> One or more snacks per week contain a meat/meat alternate.	<input type="checkbox"/> Two or more snacks per week contain a meat/meat alternate.
	<input type="checkbox"/> At least one fresh, frozen, canned or dried fruit or vegetable (excluding juice) is served two times a week or more.	<input type="checkbox"/> At least one fresh, frozen, canned or dried fruit or vegetable (excluding juice) is served 3 times a week or more.
	<input type="checkbox"/> If milk is served, low fat (1% or ½%) or skim milk is provided, flavored or unflavored.	<input type="checkbox"/> If milk is served, low fat (1% or ½%) or skim milk is provided, flavored or unflavored.

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NUTRITION ENVIRONMENT:	NUTRITION ENVIRONMENT:	NUTRITION ENVIRONMENT:
<input type="checkbox"/> Menus are available for staff and parents.	<input type="checkbox"/> Menus are available and posted for staff and parents.	<input type="checkbox"/> Menus are available and posted for staff and parents. <input type="checkbox"/> Children have opportunities to provide input on food and menus.
	<input type="checkbox"/> Adults sit at the table and eat the same foods served to the children.	<input type="checkbox"/> Adults sit at the table and eat the same foods served to the children. <input type="checkbox"/> Adults do not eat or drink any foods or beverages other than those offered to children while in the presence of children.
Definition: Family Style is a type of meal service which allows children to serve themselves at the table from common platters of food with assistance from supervising adults setting the example.	<input type="checkbox"/> At least one item is served family style at each meal (within children’s capabilities). <input type="checkbox"/> Child-size serving utensils are available and used.	<input type="checkbox"/> All foods are served family style within children’s capabilities. <input type="checkbox"/> Child-size serving utensils are available and used.
	<input type="checkbox"/> Children have ample time to eat and practice social interaction skills, such as having a conversation.	<input type="checkbox"/> Children have ample time to eat and practice social interaction skills, such as having a conversation.
	<input type="checkbox"/> Children help clear dishes after the meal is finished.	<input type="checkbox"/> Children help set the table and clear dishes after the meal is finished.
<input type="checkbox"/> Children are not forced to eat any foods or beverages.	<input type="checkbox"/> Staff gently encourage but do not force children to eat or taste foods. <input type="checkbox"/> Food* is not used as a punishment or reward at any time throughout the day. *Food is considered to be anything given by mouth to include candy, sweets and gum.	<input type="checkbox"/> Staff talk with children about trying and enjoying healthy foods. <input type="checkbox"/> Staff gently encourage but do not force children to eat or taste foods. <input type="checkbox"/> Food is not used as a punishment or reward at any time throughout the day.

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NUTRITION ENVIRONMENT:	NUTRITION ENVIRONMENT:	NUTRITION ENVIRONMENT:
<input type="checkbox"/> No homemade foods are brought into the facility.	<input type="checkbox"/> No homemade foods are brought into the facility.	<input type="checkbox"/> No homemade foods are brought into the facility.
	<input type="checkbox"/> Parents are encouraged to bring in non-food items for holidays and celebrations.	<input type="checkbox"/> Holidays are celebrated with mostly healthy foods (facility provided) or with non-food treats like stickers. Consideration of the following points should be given for classroom parties and celebrations: <ul style="list-style-type: none"> ▪ Types of foods available. ▪ Limiting the frequency of events. ▪ Scheduled after lunch meal. ▪ Includes non-food activities. <input type="checkbox"/> In the event the facility offers food: <ul style="list-style-type: none"> ▪ Fresh or dried fruit (no sugar added), raw vegetables or both are served. ▪ Whole grain foods are served. ▪ Water is served/available. <input type="checkbox"/> The facility has written policies regarding holidays and celebrations. <input type="checkbox"/> The facility communicates its nutrition policies to parents.
		<input type="checkbox"/> Nutrition education is provided through a standardized curriculum one time a week or more.
<input type="checkbox"/> Fundraising activities involving children/families are supportive of physical activity and healthful eating.	<input type="checkbox"/> Fundraising activities involving children/families are supportive of physical activity and healthful eating.	<input type="checkbox"/> Fundraising activities involving children/families are supportive of physical activity and healthful eating.
<input type="checkbox"/> Children are instructed in hand washing techniques and wash their hands before meals and snacks.	<input type="checkbox"/> Children are instructed in hand washing techniques and wash their hands before and after meals and snacks.	<input type="checkbox"/> Children are instructed in hand washing techniques and wash their hands before and after meals and snacks.

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NUTRITION ENVIRONMENT:	NUTRITION ENVIRONMENT:	NUTRITION ENVIRONMENT:
	<input type="checkbox"/> Visible supports (i.e. posters) encourage healthy nutrition habits.	<input type="checkbox"/> There are visible supports (i.e. posters) encouraging healthy nutrition habits.
	<input type="checkbox"/> Food and beverage vending machines, if present are located in areas not accessible to children.	<input type="checkbox"/> Food and beverage vending machines, if present are located in areas not accessible to children.
	<input type="checkbox"/> Television viewing is not allowed during meal time and snacks.	<input type="checkbox"/> Television viewing is not allowed during meal time and snacks.

References

Missouri Eat Smart Guidelines for School Meals, October 2008. Missouri Council for Activity and Nutrition.

Head Start Program Performance Standards and Other Regulations

USDA Meal Patterns for Child and Adult Care Food Program.

[Meal Patterns-http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm](http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm)

Creditable Foods Guide. Missouri Child and Adult Care Food Program, Missouri Department of Health and Senior Services, Bureau of Community Food and Nutrition Assistance. August 2004.

Missouri Child Care Licensing Rules. <http://www.dhss.mo.gov/ChildCare/laws.html>

Dietary Guidelines for Americans 2005. U.S. Department of Health and Human Services; U.S. Department of Agriculture.

Definitions

Food is considered to be anything given by mouth to include candy, sweets and gum.

Dark Green or Orange Vegetables or Fruit. Examples are acorn squash, beet and mustard greens, bok choy, broccoli, butternut squash, carrots, collard greens, dark green leaf lettuces or salad greens (e.g. romaine lettuce, spinach), hubbard squash, sweet potatoes, kale, pumpkin, or yams, turnip greens, watercress, apricots, cantaloupe, guava, mandarin oranges, mango, nectarines, oranges, papaya, peaches, tangerines, (Food & Nutrient Guidance, Healthier US School Challenge, 2006).

Fruits may be fresh, frozen, canned or dried. Condiments (such as jelly or jam) made from fruit are not considered fruit under these guidelines. Canned fruit should be packed in light syrup or preferably juice.

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Vegetables may be fresh, frozen, canned and should not be fried. Snack foods such as potato chips and condiments (such as pickle relish, catsup and chili sauce) made from a vegetable are not considered a vegetable under these guidelines.

Family Style is a type of meal service which allows children to serve themselves at the table from common platters of food with assistance from supervising adults setting the example.

Foods Containing Whole Grain include but are not limited to whole wheat flour, graham flour, brown rice, oatmeal and cornmeal. To be considered as a food containing whole grain, a commercially produced food item would have a whole grain listed as one of the first three ingredients on the product's list of ingredients. The 2005 Dietary Guidelines for Americans recommend that at least half of an individual's recommended grain servings come from whole grains.

To calculate the percentage of calories from sugar: 1) multiply total grams of sugar in one serving by 4. 2) Divide this number by the amount of calories per serving. 3) Multiply by 100.

Resources

<http://www.dhss.mo.gov/cacfp/> - Official site of the Missouri CACFP

<http://www.fns.usda.gov/fns/default.htm> - Food and Nutrition Service Online
Home page for all USDA Child Nutrition Programs. Get to most CACFP information by clicking on 'Child and Adult Care Food Program' under "programs". Check "resources" for a link to a wide variety of publications.

<http://www.nutrition.gov/> - The US Government's official web portal. Provides easy, online access to government information on food and human nutrition for consumers.

<http://www.nfsmi.org/Information/resourceguide.htm> - National Food Service Management Institute. Order or download many CACFP and other foodservice resources.

<http://outreach.missouri.edu/hes/food.htm> - The College of Human Environmental Sciences Outreach and Extension of the University of Missouri-Columbia. Includes:

- Food & Fitness at Missouri Families
- Food Safety
- Nutriteach – teacher resources
- Food & Nutrition Guides

USDA Team Nutrition Web Site has several helpful menu planning resources. These include:

http://teamn nutrition.usda.gov/Resources/childcare_recipes.html - Provides recipes that have been standardized, edited for consistency, analyzed for nutrient content, and updated with CCP information based on the *2005 Food Code Supplement*. Many provide directions for one

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or more variations and include old favorites and popular new dishes. Each recipe contributes to a reimbursable meal served to children in the CACFP. Written for 25 and 50 servings, the recipes can easily be adjusted to serve larger or smaller groups.

Additional Team Nutrition Resource including Building Blocks for Fun and Healthy Meals and the USDA Food Buying Guide.

<http://teamnnutrition.usda.gov/Resources/buildingblocks.html>

<http://teamnnutrition.usda.gov/Resources/foodbuyingguide.html>

<http://nccic.acf.hhs.gov/fitsource> - Fit Source is a site that links child care providers to a wide variety of physical activity and nutrition resources. You will find links to activities, lesson plans, healthy recipes, information for parents, and many other downloadable tools that can be used to incorporate physical activity and nutrition into child care programs.

<http://www.nal.usda.gov/childcare/index.html> - Click on “Child Care Providers” in lower right corner for information on recipes, menu planning, infant feeding, special diets, food safety and more.

<http://www.mypyramid.gov> - Site allows you to personalize your daily requirements from each food group, offers lists of various foods in each group with serving sizes, and provides tips on how to maximize the nutrition you get from your meals. Also provides links to the most current Dietary Guidelines and to the MyPyramid for Kids site with activities and downloadable handouts.

<http://www.fruitsandveggiesmatter.gov/index.html> - Learn about different kinds of fruits and vegetables, why they are important, and how to include more of them in your menus. The site includes recipes and tips on using fruits and vegetables for breakfast, lunch, and snack.

http://riley.nal.usda.gov/wicworks/resources/whole_grain_form.php Whole Grain Calculator to determine if products meet criteria for being a whole grain product.

<http://www.mocccrn.org/> - The mission of the Missouri Child Care Resource and Referral Network is to provide coordinated, statewide child care resource and referral services that promote a high quality child care system.

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Steering Committee

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