Recommended Nutrition Standards for Infants and Young Children in Family Child Care Homes

PART TWO: FEEDING AND FOOD PREPARATION

LIVE TRAINING
Agenda for Today’s Training

Registration .................................................. 10 min
Overview of background and content .................. 5 min
Review of self-paced module standards ............... 15 min
Group activity and brief rest break ................... 20 min
Feeding and food preparation training ............... 45 min
Group activity, questions and wrap-up .......... 20 min
Evaluations .................................................... 5 min
What are the Nutrition Standards?

- Guidelines for nutrition in family child care homes
- Developed by a panel of child care and nutrition experts
- Two categories of standards
  - Recommended foods
  - Recommended practices for preparing and serving food
- Divided into 2 tiers
  - **Tier 1** (required implementation)
  - **Tier 2** (optional implementation)
## Content Overview

### PART ONE: SELF-PACED
- Breastfeeding
- Milk and Other Beverages
- Grains and Proteins
- Vegetables and Fruits
- Sugar and Sodium

### PART TWO: LIVE
- Review of Part One
- Introduction of Solid Foods
- Healthy Feeding Practices
Definitions

These terms will be used to refer to different age groups:

- **Infants** are from birth to 12 months of age
- **Young children** are over 12 months of age
Part one: Brief Review of Self-Paced Module
Breastfeeding and Other Beverages for Infants

- Support and encourage breastfeeding
- Provide adequate refrigerator/storage space for breastmilk
- Offer only breast milk and/or iron-fortified infant formula for infants 0-12 months
- No other milk for infants, unless a doctor’s note
- Do not serve 100% juice, juice drinks or other beverages

Tier 1
Breastfeeding and Other Beverages for Infants

Tier 2

- While breast milk and formula are the best sources of water, at 6-9 months begin providing a cup for additional drinking water
Milk and Other Beverages

- Do not serve sugar sweetened beverages
- Rarely or never offer 100% fruit juice
- If offered, give no more than 4 to 6 ounces of 100% fruit juice per 24 hours

Tier 1
Milk and Other Beverages

- Ensure that water is easily available for self-serve, indoors and outdoors, and actively offered with meals and snacks and at other times as appropriate

Tier 1
Milk and Other Beverages

- Toddlers 1 to 2 years should drink one serving of unflavored whole milk at least 2 times per day
- Children over 2 years should drink one serving of unflavored reduced fat (1%) or fat-free milk at least 2 times per day
Milk and Other Beverages

- Offer only non-dairy milk substitutions (such as soy milk) that are nutritionally equivalent to milk
Grains

- Offer iron-fortified infant cereals for infants 6 up to 12 months old
- Do not serve white (non-whole) grains or white grain-based desserts
Protein

- Offer proteins such as soft cooked egg, beans, meat, poultry, and fish without bones to infants up to 6 to 12 months old.
- Offer young children lean protein at least 2 times a day, such as seafood, fish, lean meat, poultry, eggs, beans, peas, soy products, tofu, and unsalted nuts and seeds.
- Do not serve processed meats or deep fried or pre-fried meats or fish.

Tier 1
Protein

- Serve protein foods with no added salt
- Offer natural cheese no more than 1-2 times per day
- Do not serve cheese food/spread
- Choose low-fat or reduced-fat cheeses
- Offer yogurt that contains less than 23 grams of sugar per 6 oz no more than 1 time per day
Vegetables

- Offer pureed, mashed or whole vegetables for infants 6 to 12 months
- Offer young children vegetables at least 2 times per day
- Vegetables can be fresh, frozen or canned (with no added salt, fat, or sugar)
- Do not serve deep fried or pre-fried baked vegetables
Vegetables

- Offer dark green, orange, red, or deep yellow vegetables at least 1 time per day
Fruit

- Offer infants older than 6 months unsweetened whole, mashed, or pureed fruits
- Offer young children fruit at least 2 times per day
- Fruit can be fresh, frozen, or canned (with no added sugars)

Tier 1
Sugar and Sodium

- Do not serve foods with added sugar or sugar equivalents listed as the first or second ingredients

- Do not offer foods having a combination of 3 or more kinds of sugar or sugar equivalents
Sugar and Sodium

- Do not serve low calorie sweeteners or items containing low-calorie sweeteners like diet foods or diet beverages
- Do not serve high salt foods
  - more than 200 milligrams sodium per snack item or 480 milligrams per entrée
- Do not add salt at the table
Group Activity: 
Current Practice and Tips for Change

Divide into 4 groups (try to pair with people from other sites)

Each group is assigned a topic

Timed individual sharing about what your child care home is currently doing or not doing related to the tier 1 and 2 standards for that topic

Timed brainstorm/sharing of ideas across sites as to how to implement any standards you may not currently be doing

BREAK!

Large group sharing
Part two: Feeding and Food Preparation
Introducing Solid Foods

- At about 6 months of age, communicate with the infant’s family to determine if the infant is developmentally ready for solid food
  - Holds neck steady
  - Sits with support
  - Swallows food instead of pushing out with tongue
Introducing Solid Foods

- Offer iron-fortified infant cereals or pureed meats first - they provide a good source of iron and zinc for infants.

- Next, provide pureed vegetables and fruits.

- Infants over 6 months should also eat other protein rich foods such as poultry, fish, cheese, yogurt, beans and eggs.
Introducing Solid Foods

- Only introduce solid foods that have been previously introduced, with no problems, by infant’s parents.
- Introduce foods gradually, one at a time.
- Wait at least 3 to 5 days before introducing a new food.
- Watch for allergic reactions such as vomiting, diarrhea, rash, or swelling of the lips or eyes.
Introducing Solid Foods

- Start with pureed foods, and gradually increase thickness and texture as infant’s mouth skills progress

- Do not force an infant to finish a serving; watch for signs of fullness instead
  - Not opening mouth
  - Pulling away from spoon or turning away
Introducing Solid Foods

- At around 9 months, infants are able to start feeding themselves with foods they can pick up with their fingers.
- Once infants are eating a variety of foods and textures, they may eat the same foods as others at the table.
  - Keep portions appropriate for age.
  - Adjust texture and size of foods as needed.
# Introducing Solid Foods

<table>
<thead>
<tr>
<th>MEAL Portion Size for Infants 6 to 12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 to 8 ounces</td>
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<tr>
<td>1 to 4 tablespoons</td>
</tr>
<tr>
<td>1 to 2 tablespoons</td>
</tr>
<tr>
<td>AND</td>
</tr>
<tr>
<td>AND</td>
</tr>
<tr>
<td>Breastmilk OR Formula</td>
</tr>
<tr>
<td>Protein OR Infant cereal</td>
</tr>
<tr>
<td>Vegetable OR Fruit</td>
</tr>
</tbody>
</table>
## Introducing Solid Foods

### SNACK Portion Size for Infants 6 to 12 months

<table>
<thead>
<tr>
<th>2 to 4 ounces</th>
<th>(\frac{1}{2}) slice soft bread</th>
<th>1 to 2 tablespoons</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AND</strong></td>
<td><strong>AND</strong></td>
<td></td>
</tr>
<tr>
<td>Breastmilk</td>
<td>OR</td>
<td>Vegetable OR Fruit</td>
</tr>
<tr>
<td>OR Formula</td>
<td>2 soft crackers</td>
<td></td>
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</tbody>
</table>
Introducing Solid Foods

- At about 6 months, introduce developmentally appropriate solid foods in age-appropriate portion sizes
- At 9 months, begin self-feeding with finger foods, then transition to foods served at the table as developmentally appropriate
Introducing Solid Foods

- Start with iron-fortified infant cereal or pureed meat, then pureed vegetables or fruits, then other protein-rich foods
- Introduce foods one at a time and wait for at least 3 to 5 days to watch for allergic reactions
Healthy Practices: Prevent Choking

- Only infants older than about 6 months may eat solid foods, and only from a spoon or finger-fed.
- Solid foods should not be served in a bottle; sucking foods through a nipple can lead to choking.
- Use dishes and utensils appropriate for the size of the infant of child, to avoid taking too large a bite.
Healthy Practices: Prevent Choking

- Children need enough time to eat
- Eating too fast can lead to putting too much in the mouth, or not chewing properly before swallowing
- Walking around while eating or drinking can lead to choking
Healthy Practices: Prevent Choking

- Cut vegetables and fruit into pieces $\frac{1}{4}$ inch or smaller before feeding
- Cook and puree whole vegetables
- Remove pits or seeds from fruit
- Nuts, seeds, nut/seed butters, and meat/fish with bones are choking hazards
Healthy Practices: Prevent Choking

- Do not serve solid food in a bottle
- Avoid choking hazards (for example, by cutting foods into smaller pieces)
- Use dishware and utensils that are sized appropriately
- Allow enough time to eat
Healthy Practices: Promoting Self-regulation and Healthy Portions

- Children should learn to eat in response to their own feelings of hunger and fullness, not by how much is in the bottle or on the plate

- Appetite and eating habits of young children change often
  - Might eat a lot at one meal and very little at the next
  - Might eat a certain food one day and reject it the next
<table>
<thead>
<tr>
<th>SIGNS OF HUNGER</th>
<th>SIGNS OF FULLNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Opening the mouth</td>
<td>➢ Pressing the lips together</td>
</tr>
<tr>
<td>➢ Sucking the hand</td>
<td>➢ Decrease in sucking</td>
</tr>
<tr>
<td>➢ Rooting for a nipple</td>
<td>➢ Spitting out the nipple</td>
</tr>
<tr>
<td>➢ Leaning towards or reaching for food</td>
<td>➢ Turning away from or pushing away the bottle or spoon</td>
</tr>
</tbody>
</table>
Healthy Practices: Feeding Children

<table>
<thead>
<tr>
<th>CAREGIVER’S RESPONSIBILITY:</th>
<th>CHILD’S RESPONSIBILITY:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What food to serve</strong></td>
<td><strong>Whether to eat</strong></td>
</tr>
<tr>
<td>◦ Healthy choices</td>
<td>◦ Is the child hungry?</td>
</tr>
<tr>
<td><strong>When to serve it</strong></td>
<td><strong>How much to eat</strong></td>
</tr>
<tr>
<td>◦ During regular snack and meal times</td>
<td>◦ Stop when full, even if the plate is not empty</td>
</tr>
<tr>
<td><strong>Where food is served</strong></td>
<td></td>
</tr>
<tr>
<td>◦ At the table</td>
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Healthy Practices:  
Promoting Self-regulation and Healthy Portions

- Allow a child to self-serve food with assistance, to learn about appropriate portion sizes

- Give children enough time to eat, without distractions, and don’t take a plate away until the child is full
Healthy Practices: Promoting Self-regulation and Healthy Portions

- Some children ask for seconds simply because their plate is empty or because others are still eating.
- Only serve seconds if the child is still hungry.
- Ask the child if he is still hungry.
Healthy Practices:
Promoting Self-regulation and Healthy Portions

- Eating is a learning process that should be enjoyable without pressure
- Infants and toddlers also learn from touching and feeling foods – this can get messy
- Children should learn to eat in response to hunger; eating should never be associated with a reward or punishment
Healthy Practices: Feeding Behaviors

- Feed younger infants on demand by recognizing feeding cues (such as rooting or sucking)
- Ensure that infants are guided by own feelings of hunger and fullness and are not pressured to eat all that is offered
Healthy Practices: Feeding Behaviors

- Do not use food or beverages as reward or punishment
- Do not pressure to eat or clean plate; mealtime conversation should not focus on the amount of food that is or isn’t eaten
Healthy Practices: Feeding Behaviors

- Ask children if they are full before removing plates and ask if they are hungry before serving seconds
- Serve meals and snacks family style
- Teach children to serve themselves age-appropriate portion sizes with assistance as needed
Healthy Practices: Feeding Behaviors

- Expect young children to eat a lot some meals and very little at others
- They may not eat everything offered
- Children’s likes and dislikes will change over time
- It can take months or years to accept new foods
- Expect eating to be messy
Healthy Practices: Feeding Frequency

- Young children generally need to eat every 2 to 3 hours
- Appetite and interest may vary from meal to meal
- Younger infants may eat more frequently

- Eating at scheduled meal and snack times allows children’s bodies know when to eat to meet their nutritional needs
Healthy Practices: Feeding Frequency

- Provide meals and snacks every 2-3 hours at regularly scheduled times
- Offer at least 1 meal and 1 snack each day for care less than 8 hours
- Offer at least 2 meals and 2 snacks each day for care more than 8 hours
Healthy Practices: Food Choices

- Serve a variety of healthy foods that include cultural preferences of children and their families

- Model healthy celebrations for children and families – serve healthy options at parties and events
Healthy Practices: Food Choices

- In rare cases when oil is necessary to prepare a food, use limited quantities of liquid vegetable oils (olive, canola, etc.)

- Solid fats such as butter, lard or coconut oil are high in unhealthy saturated fats
Healthy Practices: Food Choices

- Offer a variety of culturally-relevant foods
- When food is provided at celebrations or other events offer only healthy items, such as fruit, vegetables and water
- Use only liquid non-tropical vegetable oils instead of solid fats
Healthy Practices: Feeding Environment

- Young infants should be fed in the arms of a provider
- Allows provider to recognize and respond to feeding cues
- Provides infant with social experience of eating with others
- Ensures safety
  - Propping a bottle can lead to choking
Healthy Practices: Feeding Environment

- Adults are the best role models of healthy eating practices for children.
- Children learn social skills and appropriate eating behaviors by sitting with other children and staff at meals.
- Seeing staff eat the same healthy foods reinforces learning about nutrition.
Healthy Practices: Feeding Environment

- Eating without distractions encourages social interaction and reduces overeating
  - Toys, games or screens during meals discourage socialization
  - Distractions during meals or snacks interfere with children’s ability to recognize whether they are full
Healthy Practices: Feeding Environment

- Include older infants at family style meals where provider and children eat together
- Hold infant in one’s arms or sitting up in one’s lap while bottle feeding
- Never prop bottles; do not allow infants to carry, sleep, or rest with bottle
Healthy Practices: Feeding Environment

- Provider models healthy eating and doesn’t consume other items in front of children
- Minimize distractions while eating (for example, no TV, toys, phones, video games)
- At least one child care provider sits with children at table and eats same meals and snacks
Let’s Practice!
Acknowledgements

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