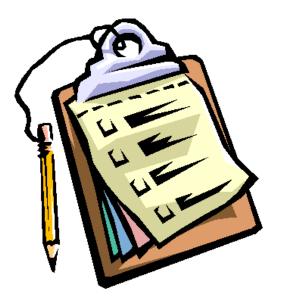
Recommended Nutrition Standards for Infants and Young Children in Family Child Care Homes

PART TWO: FEEDING AND FOOD PREPARATION LIVE TRAINING

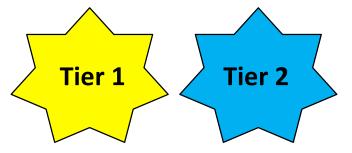
Agenda for Today's Training



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 implementaton)



Content Overview

PART ONE: SELF-PACED

- Breastfeeding
- Milk and Other Beverages
- Grains and Proteins
- Vegetables and Fruits
- Sugar and Sodium

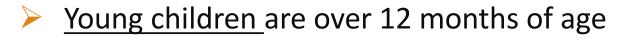
PART TWO: LIVE

- 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





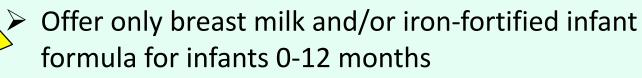
Part one: Brief Review of Self-Paced Module

Breastfeeding and Other Beverages for Infants

Support and encourage breastfeeding

Tier 1

Provide adequate refrigerator/storage space for breastmilk



No other milk for infants, unless a doctor's note

> Do not serve 100% juice, juice drinks or other beverages

Breastfeeding and Other Beverages for Infants



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



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



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



- 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



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 (nonwhole) 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

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)

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

- 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





- 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

- 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

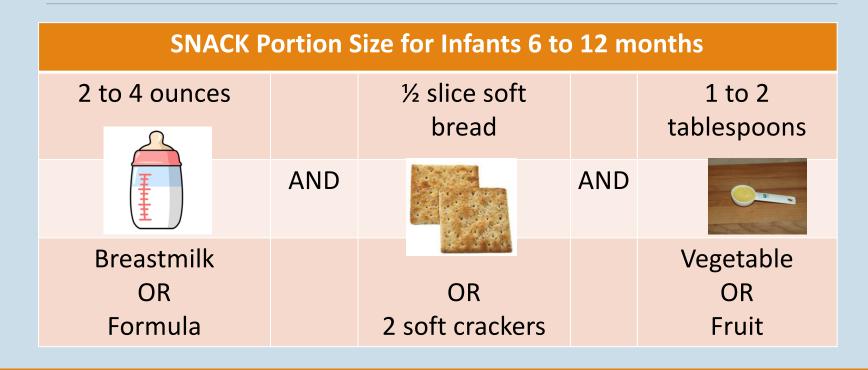
- Start with pureed foods, and gradually increase thickness and texture as infant's mouth skills progress
- Do not force an infant to finish a serving; watch for signs of fullness instead
 - Not opening mouth
 - Pulling away from spoon or turning away





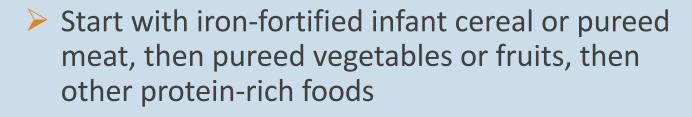
- At around 9 months, infants are able to start feeding themselves with foods they can pick up with their fingers
 - Once infants are eating a variety of foods and textures, they may eat the same foods as others at the table
 - Keep portions appropriate for age
 - Adjust texture and size of foods as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







- 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





Introduce foods one at a time and wait for at least 3 to 5 days to watch for allergic reactions

- 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



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

- Cut vegetables and fruit into pieces ¼ 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





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

Healthy Practices: Feeding Infants

SIGNS OF HUNGER

- Opening the mouth
- Sucking the hand
- Rooting for a nipple
- Leaning towards or reaching for food

SIGNS OF FULLNESS

- Pressing the lips together
- Decrease in sucking
- Spitting out the nipple
- Turning away from or pushing away the bottle or spoon

Healthy Practices: Feeding Children

CAREGIVER'S RESPONSIBILITY:

What food to serve

Healthy choices

When to serve it

 During regular snack and meal times

Where food is served • At the table

CHILD'S RESPONSIBILITY:

Whether to eat

• Is the child hungry?

How much to eat

 Stop when full, even if the plate is not empty

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



- 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

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

Tier 2

- 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 ageappropriate portion sizes with assistance as needed

- 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

Tier 2

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



- 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

- 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



- 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



Include older infants at family style meals where provider and children eat together



Hold infant in one's arms or sitting up in one one's lap while bottle feeding

Never prop bottles; do not allow infants to carry, sleep, or rest with bottle

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!

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