



CHILD CARE COUNCIL

Serving Columbia, Greene and Ulster Counties

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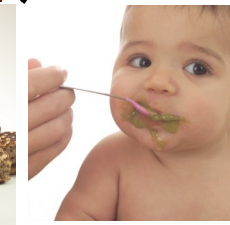


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CYNTHIA EGGERS

Nutrition



How can good nutrition be part of day care?

2013/2014

What's inside:

- *What is Good Nutrition?*
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- *How Can Child Care Programs Provide Good Nutrition?*
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What is Good Nutrition?

Good nutrition is eating in a way that prevents disease and promotes health. There are six categories of nutrients that the body needs to acquire from food: protein, carbohydrates, fat, fiber, vitamins and minerals, and water.

Proteins: Protein supplies amino acids to build and maintain healthy body tissue.

Fat: Fat supplies energy and transports nutrients.

Carbohydrates: Carbohydrates are the body's main source of energy and should be the major part of total daily intake. Complex carbohydrates (such as grains, beans, peas, or potatoes) are preferred.

Fiber: Fiber is the material that gives plants texture and support and is found in plant foods such as fruits, vegetables, legumes, nuts, and whole grains. Fiber speeds up the transit of foods through the digestive system.

Vitamins and minerals: Vitamins are organic substances present in food and required by the body in a small amount for regulation of metabolism and maintenance of normal growth and functioning.

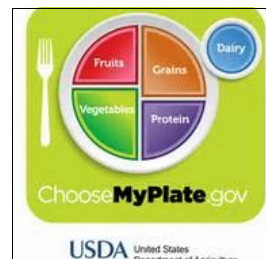
Water: Water helps to regulate body temperature, transports nutrients to cells, and rids the body of waste materials.

As established by the current nutrition guide, My Plate, the following guidelines to good nutrition should be helpful.

- 30% of your plate should be grains.
- 30% of your plate should be vegetables.
- 20% of your plate should be fruits.
- 20% of your plate should be protein (meats and meat alternates).
- accompanied by a small portion of dairy, such as low/nonfat milk or a yogurt cup.

Tips -

- Make half your plate fruits and vegetables.
- Serve fat-free or low-fat (1%) milk and water, rather than sugary drinks.
- Make at least half your grains "whole" (oatmeal, brown rice).
- Vary your protein food choices.
- Reduce sodium and sugar.
- Serve 100% juice no more than once per day.
- Serve fresh, frozen or canned fruits instead.



Resources:

<http://www.choosemyplate.gov/>

[Crediting Foods in CACFP](#) - New York State Dept. of Health Crediting Guide for the CACFP.

<http://medical-dictionary.thefreedictionary.com/Nutrition>

<http://healthyeating.sfgate.com>

Other online resources:

www.health.state.ny.us/prevention/nutrition/CACFP - information about the CACFP program

www.nfsmi.org - Mealtime Memos and More Than Mudpies, seasonal lessons and activities (Spring, Summer, Fall & Winter)

<http://www.fns.usda.gov>

<http://healthymeals.nal.usda.gov> - Healthy Meals Resource System and Team Nutrition

Mission Statement:

To support the community by expanding and promoting high quality Child Care that meets the needs of children & their families.

Visit our website www.familyofwoodstockinc.org

A Team Approach To Good Nutrition

A Team Approach to Good Nutrition would include:

The Team:

- The Parent
- The Day Care Provider
- The Child and Adult Care Food Program

The Parent will:

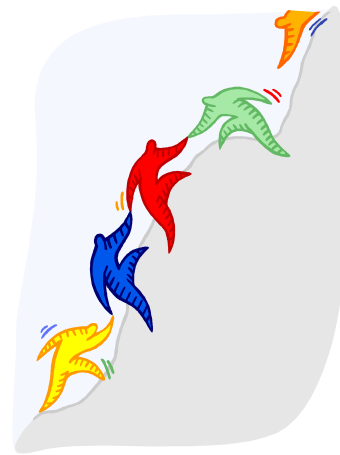
- Utilize My Plate guidelines at home.
- Find a child care program that participates in the CACFP.

The Day Care Provider will:

- Participate in the CACFP.
- Use the CACFP guidelines to provide nutritious meals and snacks to children in their care.

The CACFP will:

- Provide nutrition training to providers participating in the program.
- Provide meal reimbursements to participating providers.
- Make sure participants are providing healthy and nutritious meal components, guiding and educating them, as needed.



Why Is Good Nutrition Important For Children?

Nutrient-dense foods such as fresh fruit and vegetables provide children with many essential nutrients needed for optimal growth and health. How your child eats today will have a striking impact on her health throughout adolescence and adulthood. Consuming nutritious foods helps children and teens grow, develop, do well academically and feel good about themselves. Good nutrition also helps prevent child and teen issues such as eating disorders, obesity, dental cavities and iron-deficiency anemia.

Good nutrition and healthy eating can:

- stabilize children's energy, sharpen their minds, and even out their moods.
- establish healthy habits for life.
- help brains and bodies develop in a healthy way.



Childhood Obesity Prevention

According to the Centers for Disease Control and Prevention, 25 percent of all children aged 2 to 18 years now meet the criteria for being overweight. Overweight and obese children are at greater risk for major health issues such as Type 2 diabetes, high blood pressure, joint pain, high cholesterol and cardiovascular disease. Teaching your child good nutrition habits from a young age can decrease the likelihood he will become overweight. Choosing nutrient-dense foods such as fresh fruit and vegetables over empty-calorie foods such as cookies and sodas can help prevent childhood obesity and provide your child a much higher quality of life.

Poor Nutrition Consequences

A healthful diet and good nutrition are crucial in preventing some of the issues inadequate nutrition can cause, such as short stature and delayed puberty, nutrient deficiencies and dehydration, menstrual irregularities, poor bone health, increased risk of injuries, poor academic performance and increased risk of eating disorders. Teaching children the importance of good nutrition throughout childhood will lay the foundation for a healthier, more fulfilling life.

How Can Day Care Programs Provide Good Nutrition?

A strong healthy body is ready to fight off illness that cannot be prevented. Offering a wide variety of colorful food encourages children to eat all types of food. Experiment with different ethnic food, and encourage children to taste new foods and explore a wide variety of tastes and textures. The adults in a child's world can either provide many opportunities for children to enjoy a wide variety of foods or they can repeatedly serve the same items over and over. It may seem easier to repeat menus that children seem to enjoy. This is only a short term benefit. In the long run you end up with children that have a limited amount of food they desire. Shop for food that is in season. It will be plentiful and reasonably priced.



- Allow plenty of time for children to feed themselves but have transitional activities for children that eat faster.
- Have child sized furniture so they can eat comfortably.
- Use plates and utensils appropriate for children's size and skill.
- Do not use food as punishment or reward.
- Model healthy eating habits.
- Drink water all day long.
- Avoid juice.
- Feed children when they are hungry.
- Encourage children to identify feelings of hunger and satiation.
- Offer many new tastes, textures and cultural foods.
- Talk about how to grow and stay healthy and eat wisely. Discuss the nutritional need of children with the family.
- Share menus with the family.
- Provide meals, so the parents don't have to, by participating in the Child and Adult Care Food Program (CACFP).

What is The Child and Adult Care Food Program (CACFP)?

The Child and Adult Care Food Program (CACFP) is a USDA funded food program that reimburses child care providers for nutritious meals served to children in their care.



CACFP Mealtime Philosophy:

The goal of the CACFP is to improve the health and nutrition of children enrolled in child care. The CACFP also promotes good eating habits and nutrition education.

Why should a child care provider participate in the CACFP?

- Easier on parents— they can go off to work (or school) each day, secure in the knowledge that their child is being provided with nutritious meals that they don't have to provide.
- No "Meal Envy" - all children in care are being served the same, nutritionally sound meals.
- Picky eaters very often overcome their "pickiness" by seeing other children eat, and enjoy, foods they normally wouldn't try. These children often eat foods in day care that they won't eat at home.

By participating in the food program, child care providers are:

- given yearly trainings in good nutrition practices.
- required to follow USDA established guidelines for meal and snack components.
- required to submit monthly menus to the sponsoring agency, which reviews them to ensure that providers are serving healthy and creditable meal components.
- visited three times per year by a food program monitor, to guarantee they are following program guidelines.