

J. Nutrition and Food Service

GOAL: The nutritional needs of children and adults are met in a manner that promotes physical, social, emotional and cognitive development.

RATIONALE: Children must be provided with adequate nutrition and also must be educated concerning good eating habits.

J-1 -Meals and/or snacks are planned in proportion to the amount of time the child is in the program each day. They meet the child's nutritional requirements, as recommended by the Child Care and Adult Food Program of the United States Department of Agriculture. The amount and type of food served are adjusted according to the age of the children, since infants and toddlers require smaller amounts of food served more frequently, and primary students require much more food than preschoolers.	EVALUATION			STATUS			NEED	
	Needs Improvement	Satisfactory	Strength	Goal for the Year	Emerging	In Place	Technical Assistance	Resource

Notes/Comments:

J - 1a -Menus for snacks and meals and meal service are adjusted to meet the needs of infants, toddlers, and preschoolers in programs that use the lunch/breakfast program operated by the local school district.	EVALUATION			STATUS			NEED	
	Needs Improvement	Satisfactory	Strength	Goal for the Year	Emerging	In Place	Technical Assistance	Resource

Notes/Comments:

J - 2 Menu information is provided to parents. Feeding times and food consumption information are provided to parents of infants and toddlers at the end of each day.	EVALUATION			STATUS			NEED	
	Needs Improvement	Satisfactory	Strength	Goal for the Year	Emerging	In Place	Technical Assistance	Resource

Notes/Comments:

J - 2a Meal and snack menus and times are posted for families.	EVALUATION			STATUS			NEED	
	Needs Improvement	Satisfactory	Strength	Goal for the Year	Emerging	In Place	Technical Assistance	Resource

Notes/Comments:

J - 3 Food and mealtime are pleasant social and learning experiences for children.	EVALUATION			STATUS			NEED	
	Needs Improvement	Satisfactory	Strength	Goal for the Year	Emerging	In Place	Technical Assistance	Resource
* Infants are held and talked to while bottle fed.								
* At least one adult sits with children during meals to provide a good role model and encourage conversation.								
* Toddlers and preschoolers are encouraged to serve and feed themselves.								
* Children are allowed second helpings upon request.								
* Toddlers and preschoolers are served family style.								
* Table manners and appropriate eating habits are reinforced.								
* Chairs, tables and eating utensils are suitable for the size and developmental levels of the children.								
* A variety of foods is served which broaden children's food experiences but consider cultural and ethnic preferences.								
* Sufficient time is allowed for children to eat.								
* All foods are served at the same time.								
Notes/Comments:								
J - 4 Food is not used as a punishment or reward, and children are encouraged, but not forced, to eat or taste a variety of foods.	EVALUATION			STATUS			NEED	
	Needs Improvement	Satisfactory	Strength	Goal for the Year	Emerging	In Place	Technical Assistance	Resource
Notes/Comments:								
J - 5 If the program does not provide food, parents are educated regarding well-balanced meals and/or food which may be brought from home. Food brought from home is stored appropriately until served.	EVALUATION			STATUS			NEED	
	Needs Improvement	Satisfactory	Strength	Goal for the Year	Emerging	In Place	Technical Assistance	Resource
Notes/Comments:								

J - 6 Where food is prepared on the premises, the program verifies it is in compliance with legal requirements for nutrition and food service. Food may be prepared at an approved facility and transported to the program in appropriate sanitary containers and at appropriate temperatures.	EVALUATION			STATUS			NEED	
	Needs Improvement	Satisfactory	Strength	Goal for the Year	Emerging	In Place	Technical Assistance	Resource
Notes/Comments:								