

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



To qualify for recognition you must meet all the guidelines at the Intermediate level.		
MINIMUM	INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)
BREAKFAST:	BREAKFAST:	BREAKFAST:
B.1.M. All child care meals comply with USDA regulations and state policies.	B.1.I. All ready-to-eat and hot cereals offered contain 9 grams of sugar or less per serving as listed on the Nutrition Facts label.	B.1.A. All ready-to-eat and hot cereals offered contain 6 grams of sugar or less per serving as listed on the Nutrition Facts label.
	B.2.I. Sweet breakfast items, such as breakfast pastries, donuts, poptarts, toaster pastries, waffles or pancakes with syrup, sweet rolls, muffins, cereal bars and other sweet breads are served no more than one time per week or not at all. Foods served with syrup, jam, jelly, table sugar and honey are considered sweet breakfast items.	B.2.A. Sweet breakfast items, such as breakfast pastries, donuts, poptarts, toaster pastries, waffles or pancakes with syrup, sweet rolls, muffins, cereal bars and other sweet breads are served no more than two times per month or not at all. Foods served with syrup, jam, jelly, table sugar and honey are considered sweet breakfast items.
	B.3.I. A whole grain food is served at least one breakfast per week.	B.3.A. A whole grain food is served at least three breakfasts per week.
	B.4.I. Fresh, canned (packed in water or juice), dried or frozen fruits or vegetables (excluding juice) are served at least three breakfasts per week.	B.4.A. <ul style="list-style-type: none"> • Fresh, canned (packed in water or juice), dried or frozen fruits or vegetables (excluding juice) are served for breakfast every day. • Fresh fruits or vegetables are served at least one breakfast per week.
	B.5.I. Only Low fat (1% or ½%) or skim (nonfat) milk is served, flavored or unflavored.	B.5.A. Only low fat (1% or ½%) or skim (nonfat) milk is served, flavored or unflavored.
		B.6.A. A meat/meat alternate is provided at breakfast two days per week. High fat and salty processed meats may not be provided at breakfast. These include meat items listed in L.1.I and L.1.A.

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LUNCH/SUPPER:	LUNCH/SUPPER:	LUNCH/SUPPER:
<p>L.1.M. All child care meals comply with USDA regulations and state policies.</p>	<p>L.1.I. Limit highly processed meat, poultry and fish (including high fat and salty breaded meats) to two times per week. This includes chicken nuggets, fish sticks, chicken patties, pork patties, hot dogs, corndogs, bologna, pepperoni, Polish sausage, breakfast sausage and sausage links, Spam, Treet, liverwurst, smoked sausage, salami, summer sausage, and other luncheon meats⁺</p>	<p>L.1.A. Limit highly processed meat, poultry and fish (including high fat and salty breaded meats) to one time per week. This includes chicken nuggets, fish sticks, chicken patties, pork patties, hot dogs, corndogs, bologna, pepperoni, Polish sausage, breakfast sausage and sausage links, Spam, Treet, liverwurst, smoked sausage, salami, summer sausage, and other luncheon meats⁺</p>
	<p>L.2.I. A whole grain food is served at least one lunch per week.</p>	<p>L.2.A. A whole grain food is served at least three lunches per week.</p>
	<p>L.3.I. Fresh (raw) fruits or vegetables are served one or more times per week.</p>	<p>L.3.A. Fresh (raw) fruits or vegetables are served three or more times per week.</p>
	<p>L.4.I. Juice is not served as one of the required fruit/vegetable servings at lunch or supper.</p>	<p>L.4.A. Juice is not served as one of the required fruit/vegetable servings at lunch or supper.</p>
	<p>L.5.I. Only low fat (1% or ½ %) or skim (nonfat) milk is served, flavored or unflavored.</p>	<p>L.5.A. Only low fat (1% or ½ %) or skim (nonfat) milk is served, flavored or unflavored.</p>

⁺ Luncheon meats include hot dogs, Frankfurters, bologna, pepperoni, Polish sausage, salami, Summer sausage, liverwurst and other pressed type meats. This does not include deli meats, which include lean ham, turkey, roast beef and chicken breast meats that are sliced for sandwiches and salads and are at least 95% fat free.

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MINIMUM	INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)
OVERALL MEAL PATTERN (Breakfast, Lunch and Supper):		
P.1.M. All meals comply with USDA regulations and state policies.	P.1.I. Dark green or orange fruits or vegetables are served at least two times per week.	P.1.A. Dark green or orange fruits or vegetables are served at least three times per week.
P.2.M. A variety of food which broadens each child’s food experiences is served.	P.2.I. The menu is at least a 3 week cycle. Different vegetables, fruits, and entrees are used so there is little repetition in the cycle.	P.2.A. <ul style="list-style-type: none"> • The menu is at least a 3 week cycle. Different vegetables, fruits, and entrees are used so there is little repetition in the cycle. • Foods served at a meal include a variety of textures, shapes, temperatures, sizes and colors. • Menus reflect the ethnicity and culture of all children in care.
	P.3.I. <ul style="list-style-type: none"> • 100% fruit juice is served no more than once per day or not at all. • Sugar sweetened beverages such as koolaid, soda, fruit punch, sports drinks, flavored waters, etc. are not served at or between meals. 	P.3.A. <ul style="list-style-type: none"> • 100% fruit juice is served no more than three times per week, or not at all. • Sugar sweetened beverages such as koolaid, soda, fruit punch, sports drinks, flavored waters, etc. are not served at or between meals.
	P.4.I. No foods containing artificial sweeteners are served.	P.4.A. No foods containing artificial sweeteners are served.
SNACKS:		
S.1.M. All snacks comply with USDA regulations and state policies.	S.1.I. Sweet snacks, such as sweet pastry items, toaster pastries, donuts, cookies, cakes, pie, quick breads, cereal bars, etc., AND croissants and grain-based snack chips are served no more than one time per week or not at all.	S.1.A. Sweet snacks, such as sweet pastry items, toaster pastries, donuts, cookies, cakes, pie, quick breads, cereal bars, etc., AND croissants and grain-based snack chips are served no more than one time every two weeks, or not at all.
	S.2.I. One or more snacks per week contain a meat/meat alternate. High fat and salty processed meats may not be provided at snack. These include meat items listed in L.1.I and L.1.A.	S.2.A. Two or more snacks per week contain a meat/meat alternate. High fat and salty processed meats may not be provided at snack. These include meat items listed in L.1.I and L.1.A.
	S.3.I. At least one fresh, frozen, canned or dried fruit or vegetable (excluding juice) is served two times a week or more often.	S.3.A. At least one fresh, frozen, canned or dried fruit or vegetable (excluding juice) is served 3 times a week or more often.
	S.4.I. A whole grain food is served at least one snack per week.	S.4.A. A whole grain food is served at least two snacks per week.
	S.5.I. If milk is served, low fat (1% or ½%) or skim milk is provided, flavored or unflavored.	S.5.A. 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:
E.1.M. Menus are available for staff and parents.	E.1.I. Menus are available and posted for staff and parents.	E.1.A. <ul style="list-style-type: none"> • Menus are available and posted for staff and parents. • Children have opportunities to provide input on food and menus.
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.	E.2.I. Adults sit at the table and eat the same foods served to the children.	E.2.A. <ul style="list-style-type: none"> • Adults sit at the table and eat the same foods served to the children. • Adults do not eat or drink any foods or beverages other than those offered to children while in the presence of children.
	E.3.I. <ul style="list-style-type: none"> • At least one item is served family style at each meal within children’s capabilities. • Child-size serving utensils are available and used. 	E.3.A. <ul style="list-style-type: none"> • Most foods are served family style within children’s capabilities. • Child-size serving utensils are available and used.
	E.4.I. Children have ample time to eat and practice social interaction skills, such as having a conversation.	E.4.A. Children have ample time to eat and practice social interaction skills, such as having a conversation.
	E.5.I. Children help clear dishes after the meal is finished.	E.5.A. Children help set the table and clear dishes after the meal is finished.
E.6.M. Children are not forced to eat any foods or beverages.	E.6.I. <ul style="list-style-type: none"> • Staff gently encourage but do not force children to eat or taste foods. • Food* is not used as a punishment or reward at any time throughout the day. 	E.6.A. <ul style="list-style-type: none"> • At meals, staff informally educate children about the foods they are eating. • Staff gently encourage but do not force children to eat or taste foods. • 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.

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NUTRITION ENVIRONMENT:	NUTRITION ENVIRONMENT:	NUTRITION ENVIRONMENT:
	<p>E.7.I. Parents are provided a written policy prohibiting foods brought from home or other outside sources at any time.</p>	<p>E.7.A.</p> <ul style="list-style-type: none"> • Parents are provided a written policy prohibiting foods brought from home or other outside sources at any time. • Holidays are celebrated with mostly healthy foods (facility provided) or with non-food treats like stickers. • If the facility offers food for celebrations or holidays: <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 or available.
		<p>E.8.A. Nutrition education and/or nutrition education activities are provided at least one time per week.</p>
<p>E.9.M. Fundraising activities (if applicable) involving children/families are supportive of physical activity and healthful eating.</p>	<p>E.9.I. Fundraising activities (if applicable) involving children/families are supportive of physical activity and healthful eating. If foods are sold, they are nutritious foods.</p>	<p>E.9.A. Fundraising activities (if applicable) involving children/families are supportive of physical activity and healthful eating. If foods are sold, they are nutritious foods.</p>
	<p>E.10.I. Visible supports (i.e. posters) encourage healthy nutrition habits.</p>	<p>E.10.A. There are visible supports (i.e. posters) that encourage healthy nutrition habits.</p>
	<p>E.11.I. Food and beverage vending machines, if present are located in areas not accessible to children.</p>	<p>E.11.A. Food and beverage vending machines, if present are located in areas not accessible to children.</p>
	<p>E.12.I. Television viewing is not allowed during meal time and snacks.</p>	<p>E.12.A. Television viewing is not allowed during meal time and snacks.</p>

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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

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 2008.

Missouri Child Care Licensing Rules. <http://health.mo.gov/safety/childcare/lawsregs.php>

Dietary Guidelines for Americans 2010. U.S. Department of Health and Human Services; U.S. Department of Agriculture.

Child and Adult Care Food Program: Aligning Dietary Guidance for All, November 2010. Institute of Medicine of the National Academies of Science

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 water or juice.

Vegetables may be fresh, frozen, or canned. Fried vegetables, such as French fries, are discouraged. 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.

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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 the first ingredient 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.

A whole-grain food must meet at least one of the following two specifications:

1. The product contains the following Food and Drug Administration (FDA) approved whole-grain health claim on its packaging: "Diets rich in whole-grain foods and other plant foods, and low in saturated fat and cholesterol may help reduce the risk of heart disease."
2. Product ingredient listing lists whole-grain first, specifically:
 - a. Non-mixed dishes, (breads, cereals): Whole grains must be the primary ingredient by weight.
 - b. Mixed dishes (pizza, corndogs): Whole-grain must be the primary grain ingredient by weight.

Luncheon meats include hot dogs, Frankfurters, bologna, pepperoni, Polish sausage, salami, Summer sausage, liverwurst and other pressed type meats. This does not include deli meats, which include lean ham, turkey, roast beef and chicken breast meats that are sliced for sandwiches and salads and are at least 95% fat free.
