



Sample Nutrition Wellness Policy Language

Nutrition Practices

Staff will encourage children to serve themselves meals and snacks under supervision.

- In preschool, all meals shall be served family style, in the classroom.

Staff will not use food and/or beverages as a reward or a punishment.

Preschool staff will observe and support children's eating habits and hunger/fullness cues.

Preschool staff will not offer food to calm children or encourage appropriate behavior.

Preschool staff will act as role models to promote healthy eating behaviors by sitting down and consuming the same healthy foods offered to the children.

Celebrations

Special occasions will be celebrated with non-food items, such as arts, crafts, or projects. (An approved list will be provided by the district.)

OR (if a district chooses not to adopt a celebrate without food policy)

Celebrations with food will include approved healthy snacks. (An approved list will be provided by the district.)

Fundraising

Non-food items will be used for fundraising purposes. (A list will be provided.)

OR (if a district chooses not to adopt a non-food fundraising policy)

Healthy food items will be used for fundraising purposes. (A list will be provided.)

Nutrition Education

Nutrition education will be offered to children, weekly, that includes hands-on activities based on the children's developmental stage. (Farm to School curriculum can be found under the Harvest of the Month tab [here](#) and the Farm to Preschool curriculum can be found [here](#).)

Teachers will be encouraged to attend professional development related to nutrition.

Nutrition education will be provided to families.

Nutrition Guidelines for Children

Preschool children will be served healthy diverse food that meets the requirements for the Child and Adult Care Food Program (CACFP), the Dietary Guidelines of Americans and the California Department of Education Nutrition Services.

The program menu will offer a variety of fresh fruits and vegetables, whole grains, lean meats, poultry, fish, legumes, and low-fat or fat-free non flavored milk, and no sugar sweetened beverages.

Potable drinking water will be accessible to all children, and will be offered both inside and outdoors.

