

Nutritional Standards

Introduction

Meals shall meet the nutritional standards as prescribed in this section. A child care facility shall provide adequate and nutritious meals prepared in a safe and sanitary manner.

Healthy diets help children grow, develop, and perform well in learning environments. Healthy diets contain the amounts of essential nutrients and calories needed to prevent nutritional deficiencies while preventing an excess amount of discretionary calories. Planned meals and snacks provide the right balance of carbohydrate, fat, and protein to reduce risks of chronic diseases, and are part of a full and productive lifestyle. Such diets are obtained from a variety of foods.

Nutrition and feeding practices for children strongly affect the development and long-term health of the child. Proper nutritional care during the early years is essential for intellectual, social, emotional, and physical growth. It is also necessary that an environment be provided which encourages the development of good food habits.

Meals and vending services shall meet the standards from the Offices of Healthy Schools and Child Nutrition for the Mississippi State Department of Education as well as USDA Food and Nutrition Service guidelines.

THE GOALS OF A CHILD CARE FACILITY IN RELATION TO NUTRITION SHALL BE:

1. Menus shall be nutritionally adequate and consistent with the Dietary Guidelines for Americans.
2. Foods shall be provided in quantities and meal patterns that balance energy and nutrients with children's ages, appetites, activity levels, special needs, and cultural and ethnic differences in food habits.
3. Parents shall be involved in the nutrition component of their child-care facility.
4. A variety of fruits, vegetables, and whole-grain products shall be offered to children for meals and snacks.
5. The addition of fat, sugar, and sources of sodium shall be minimal in food preparation and service.
6. Food preparation and service shall be consistent with best practices for food safety and sanitation.
7. Furniture and eating utensils shall be age-appropriate and developmentally suitable to encourage children to accept and enjoy mealtime.
8. Child-care personnel shall encourage positive experiences with food and eating.
9. Caregivers shall receive appropriate training in nutrition, food preparation, and food service.
10. Child-care facilities shall obtain assistance as needed from the Child Care Licensure Board and the supportive staff.
11. Nutrition education for children and for their parents shall be encouraged as a component of the child-care program.
12. Child-care programs must comply with local and state regulations related to wholesomeness of food, food preparation facilities, food safety, and sanitation.

FEEDING SCHEDULE FOR INFANTS AND CHILDREN ONE YEAR AND OLDER

1. Children's food needs are based on the amount of time spent in the child care facility.
2. Any child in a child care facility at the time of service of a meal or snack will be served that meal or snack
3. Child care facilities that are open 24 hours are required to serve three meals and three snacks.

If you are open:

1. Nine hours or less
2. Over nine hours

You must serve:

- (a) Two snacks and one meal
OR
 - (b) One snack and two meals
- (a) Two snacks and two meals
OR
 - (b) Three snacks and one meal

I. **Meal Time**

Meals and snacks shall be served at regularly scheduled times each day.

The same meal or snack shall not be served more than one time in any 24 hour (one day) period.

No more than four and no less than a two and one-half hour period must elapse between the beginning of a meal and a snack.

If breakfast is not served, then a mid-morning snack shall be provided.

Since not all children arrive at the facility at the same time, certain parental options regarding breakfast will be allowed as follows:

1. Parent can feed the child prior to arrival at the child care facility.
2. The parent may have the meal provided by the child care facility.

Either option must be documented and included in the child's record.

Outside foods shall not be brought into the facility, with the exception of special dietary needs. Exempt facilities are facilities that operate less than four hours and as noted in the regulations, otherwise noted in other sections of the standards. Any outside foods shall meet the Office of Healthy School and MSDH Nutrition Standard guidelines.

II. **Meal Time Environment**

Age appropriate utensils and dining area shall be provided.

Children shall not wait longer than fifteen minutes at the table for food to be served.

Sufficient time shall be allowed for children to wash their hands and prepare for the meal.

Meal time shall be used for socialization, and shall be a relaxed, happy time for the children.

A caregiver shall sit and join the children while they are eating.

Caregivers shall not eat foods outside of the foods served in the facility in front of the children.

Food shall not be used as a reward or punishment.

Children shall be encouraged to eat but not forced to eat.

Additional servings shall be provided for the child who requests more food at a meal or snack.

Meals and snacks provided by a parent must not be shared with other children, unless a parent is providing baked goods for a celebration or party being held at the operation. Foods for a party or celebration shall meet the Office of Healthy School guidelines.

Children will be permitted in meal preparation areas when under the direct supervision of a staff person, when there is no danger of injury from equipment, and for instruction/teaching purposes only.

III. **Menus**

A two-week cycle of menu plans shall be submitted annually to Child Care Licensure as part of the renewal process.

Daily menus for all meals and snacks prepared and/or served in the child care facility shall be plainly posted. Any substitution shall be of comparable food value and shall be recorded on the menu and dated.

Menus shall be written at least one week in advance.

Menus shall be posted in the food preparation area and in a conspicuous place in the child care facility at all times.

Menus shall be planned to include food with variety in texture, color, and shape. Record of dated menus served, and any substitutions made, shall be kept on file for a minimum of one year.

New food shall be introduced to help develop good food habits. Introduce only one new food per meal or snack.

It is the facility's responsibility to discuss recurring eating problems with the child's parent.

IV. **Child Requiring a Special Diet**

A child requiring a special diet due to medical reasons, allergic reactions, or religious beliefs, shall be provided meals and snacks in accordance with the child's needs. If medical reasons exist for the special diet, a medical prescription from the child's physician stating that the special diet is medically necessary is required.

The facility shall not serve nutrient concentrates and supplements such as protein powders, liquid protein, vitamins, minerals, and other nonfood substances without written instructions from the child's physician.

The child's parent shall meet with the facility staff and/or director to review the written instructions. Such instructions shall list any dietary restrictions/requirements and shall be signed and dated by the child's physician requesting the special diet.

Parents of children with severe restrictions and dietary needs will be given a copy of the facility's menu to pre-select foods to be served. The parents will be responsible for ensuring the accuracy of foods served based upon the preplanned menu.

The child care facility may request the parent to supplement food served by the child care facility. When food is supplied by the parent, the child care facility shall be responsible for assuring that it is properly stored and served to the child in accordance with the diet instructions on file at the child care facility. Any food item that must be cooked, shall be prepared by the facility, such as a soy patty. Meals and snacks provided by a parent must not be shared with other children, unless a parent is providing baked goods for a celebration or party being held at the operation.

Records of food intake shall be maintained when indicated by the child's physician.

V. **Food Preparation**

Recipes shall be used and a file of recipes used to prepare the food shall be maintained.

Foods shall be prepared in a form that is easy for children to handle. Bite size pieces and finger foods are suitable.

Foods shall be prepared as close to serving time as possible to preserve nutrients, flavor, and color.

Food should not be highly seasoned. Children need to learn the flavors of food.

Raw vegetables and foods that may cause choking in young children shall not be served to children less than two years of age.

VI. **Choking Prevention**

A caregiver shall join the children while they are eating. This is an opportunity to teach socialization skills, nutrition education, and is a safety measure to help prevent choking.

Children should be encouraged to eat slowly, take small bites, and chew well before swallowing.

FOODS THAT MAY CAUSE CHOKING

Sausage shaped meats (hot dogs)	Pop Corn
Hard Candy	Chips
Nuts	Pretzels
Grapes	Chunks of peanut butter
Gum	Marshmallows
Raisins	Dried Fruits

To Reduce Choking Hazards

Cook food until soft and cut hot dogs into short strips, not round slices. Serve other foods in thin slices or small pieces. Remove bones from meat, chicken, and fish, and remove seeds and pits from fruit.

VII. **Feeding of Infants**

Breast milk is the recommended feeding for infants and should be encouraged and supported by child care facility staff. The mother may choose to come to the child care facility to nurse her infant, or may choose to supply bottles of expressed breast milk for the child care facility staff to feed the infant.

A written schedule for feeding the infant shall be provided by the parent and posted for reference by the child care facility staff.

Formula or breast milk shall be brought to the child care facility daily, ready to be warmed and fed. Each bottle shall be labeled with the infant's name and the date.

Bottles should be warmed for five minutes in a pan of hot, not boiling water; **never** microwave. Before feeding, test the temperature by squirting a couple of drops on the back of your hand.

At the end of each feeding, discard any milk left in the bottle.

Baby foods shall be brought in unopened jars and labeled with the infant's name. Home prepared/blended and home canned infant foods shall not be served.

Iron-fortified dry infant cereal shall be brought in sealed container premeasured for each feeding and labeled with the infant's name.

Juice is discouraged for infants.

Infants shall be held cradled in the arms during feeding. At no time shall an infant be fed by propping a bottle.

Introduction of solid foods to an infant should be done according to the schedule of the Mississippi State Department of Health Infant Feeding Guide.

Solid foods must be spoon-fed. No solid foods shall be fed by bottle or infant feeder without written direction from a physician.

Guidelines for Milk Storage and Use for All Infants

Storage Method and Temperature	Maximum Amount of Time For Storage
<i>Room (25 C or 77 F)</i>	4 hours
<i>Refrigerator (4 C or 39 F)</i>	48 hours
<i>Previously thawed –</i>	
<i>Refrigerated milk</i>	24 hours
<i>Freezer (-20 C or 0 F)</i>	3 months

From the ACOG/AAP publication: Breastfeeding Handbook for Physicians

FEEDING SCHEDULE FOR INFANTS THROUGH ONE YEAR

INFANT’S FOOD NEEDS ARE BASED ON THE AMOUNT OF TIME SPENT IN THE CHILD CARE FACILITY.

ANY INFANT IN A CHILD CARE FACILITY AT THE TIME OF SERVICE OF A MEAL OR SNACK SHALL BE SERVED FOODS APPROPRIATE TO THE AGE.

MEAL/SNACK	BIRTH THROUGH 3 MONTHS	4 THROUGH 7 MONTHS	8 THOROUGH 11 MONTHS
Breakfast	4-6 fl. oz. breast milk or formula	4-8 fl. oz. breast milk of formula 1-3 Tbsp. prepared infant cereal (optional)	6-8 fl. oz. breast milk or formula 2-4 Tbsp. prepared infant cereal (optional) 1-4 Tbsp. fruit and/or vegetable(infant or mashed)
Lunch or Supper	4-6 fl. oz. breast milk or formula	4-8 fl. oz. breast milk of formula 1-3 Tbsp. prepared infant cereal (optional) 1-4 Tbsp. fruit and/or vegetable(infant or mashed)(optional)	6-8 fl. oz. breast milk or formula 2-4 Tbsp. prepared infant cereal (optional) 1-4 Tbsp. fruit and/or vegetable(infant or mashed) 1-4 Tbsp. infant meat
Supplement/Snack	4-6 fl. oz. breast milk or formula	4-8 fl. oz. breast milk of formula	2-4 fl. oz. breast milk or formula 0-1/2 dry bread or 0-2 crackers (optional)

Infant cereal and formulas shall be iron fortified.

MENU PLANNING

Dietary Guidelines for Americans provide assistance in planning meals for ages two and older, which will promote health and prevent disease.

The guidelines, applied to child care feeding are:

1. Offer a variety of foods,
2. Serve meals and snacks that help maintain a healthy weight,
3. Serve fresh or frozen vegetables, fruits whenever possible, and whole grain products,

4. Avoid excessive fat, saturated fat, and cholesterol,
5. Use and serve sugar only in meal preparation and then in moderation,
6. Use and serve high sodium products only in moderation; and limit the use of salt,
7. Promote an alcohol, tobacco and drug free lifestyle, and
8. Promote and encourage daily physical activity.

MEAL PATTERNS FOR CHILDREN IN CHILD CARE FACILITIES

One, all, or any combination of breakfast, lunch, supper, and supplements between meals (snacks) may be served at child care facilities depending upon the age child and the hours of operation. A pattern for each meal is given that will show how total nutrients needs for the day can be met.

BREAKFAST	Ages 1yr-2yr	Ages 3yr-5yr	Ages 6yr-12yr
Milk <i>Must be fluid</i>	½ c.	¾ c. <i>Can change to low fat or skim</i>	1 c. <i>Can use low fat or skim</i>
Fruit or 100% Juice	¼ c.	½ c.	½ c.
Grains/Breads	1 serving	1 serving	1 serving
Enriched bread	½ slice	½ slice	1 slice
Enriched dry cereal	¼ c. OR ⅓ oz.	⅓ c. OR ½ oz.	¾ c. OR 1 oz.
Enriched hot cereal	¼ c.	⅓ c.	½ c.
Enriched pasta ,noodle	¼ c.	¼ c.	½ c.

SNACK (supplement) Select 2 out of the 4 components.	Ages 1yr-2yr	Ages 3yr-5yr	Ages 6yr-12yr
Milk <i>Must be fluid</i>	½ c.	½ c. <i>Can change to low fat or skim</i>	1 c. <i>Can use low fat or skim</i>
Vegetable or Fruit or 100% Juice	½ c.	½ c.	¾ c.
Meat/Meat Alternate			
Cooked Meat, no bone	½ oz.	½ oz.	1 oz.
Cheese	½ oz	½ oz.	1 oz.
Egg	1	1	1
Cooked Dry Beans/Peas	⅛ c.	⅛ c.	¼ c.
Peanut butter	1 Tbsp.	1 Tbsp.	2 Tbsp.
Yogurt, plain or sweetened	2 oz. OR ¼ c.	2 oz. OR ¼ c.	4 oz. OR ½ c.
Grains/Breads	1 serving	1 serving	1 serving
Enriched bread	½ slice	½ slice	1 slice
Enriched dry cereal	¼ c. OR ⅓ oz.	⅓ c. OR ½ oz.	¾ c. OR 1 oz.
Enriched hot cereal	¼ c.	⅓ c.	½ c.
Enriched pasta or noodles	¼ c.	¼ c.	½ c.

IF milk is used as a component, then juice cannot be served as another component for snack times.

Meat is cooked and lean without bone.

Milk includes whole, low fat, skim, buttermilk, or flavored milk. After age two, low fat or skim milk is recommended.

Nuts or seeds may be used as a meat alternate for snack time, but is not recommended.

Use whole grain breads, pasta, and rice whenever possible.

LUNCH or SUPPER Select items from each of the 4 components.	Ages 1yr-2yr	Ages 3yr-5yr	Ages 6yr-12yr
Milk <i>Must be fluid</i>	½ c.	¾ c. <i>Can change to low fat or skim</i>	1 c. <i>Can use low fat or skim</i>
Vegetable or Fruit or 100% Juice Must include 2 different foods - 1 fruit & 1 vegetable to total the serving amount	¼ c. total ⅛ c. vegetable and ⅛ c. fruit	½ c. total ¼ c. vegetable and ¼ c. fruit	¾ c. total ⅜ c. vegetable and ⅜ c. fruit
Meat/Meat Alternate Cooked Meat, no bone Cheese Egg Cooked Dry Beans/Peas Peanut butter Yogurt, plain or sweetened	1 oz. 1 oz 1 ¼ c. 2 Tbsp. 4 oz. OR ½ c.	1½ oz. 1½ oz. 1 ⅔ c. 3 Tbsp. 6 oz. OR ¾ c.	2 oz. 2 oz. 1 ½ c. 4 Tbsp. 8 oz. OR 1 c.
Grains/Breads Enriched bread Enriched dry cereal Enriched hot cereal Enriched pasta or noodles	1 serving ½ slice ¼ c. OR ⅓ oz. ¼ c. ¼ c.	1 serving ½ slice ⅓ c. OR ½ oz. ⅓ c. ¼ c.	1 serving 1 slice ¾ c. OR 1 oz. ½ c. ½ c.

Must serve a Vitamin C source daily – refer to the guidelines.

Must serve a Vitamin A source every other day, three times a week – refer to the guidelines.

Two vegetables or two fruits may be served at the mealtime, but it is recommended to serve a vegetable and a fruit for variety.

Meal Pattern Points to Remember

Keep in mind the following points when you plan menus to meet meal pattern requirements for each of the food groups.

- Plan your meats first. Then select fruits and vegetables, making sure that you have a Vitamin C source daily and a Vitamin A source every other day, or three times a week. Refer to the vitamin tables.
- Snacks are to be served mid-morning (if required) and mid-afternoon. Water can be used as the beverage while foods are served. Snack time is an excellent time to introduce fruits and vegetables.
- Guidelines from USDA FNS (US Department of Agriculture Food Nutrition Supplement) program are used as the standard for menu planning and guidelines. Emphasis shall be placed on serving more whole grains and fewer foods high in fat, sugar, and sodium.
- Drinking water shall be freely available to children of all ages and offered at frequent intervals. Extra water served with meals, snacks, and after playtime is encouraged.
- To prevent nutrient and vitamin loss from foods during preparation, cooking, or storage, try to

- Serve fruits and vegetables raw as appropriate for the age. The risk of choking is greater for the child under the age of two.
- Steam, boil, or simmer foods in a very small amount of water, or microwave for the shortest time possible.
- Cook potatoes in their skins. Be sure to wash the dirt off the outside of the potato.
- Refrigerate prepared juices and store them for no more than two to three days.
- Store cut raw fruits and vegetables in an airtight container and refrigerate—do not soak or store in water. Nutrients may be diluted from soaking in water. Manufacturer packaged fresh fruits and vegetables are the exception due to packaging processes.

Meat and Meat Alternates

- For menu variety, use meat and cheese in combination (1 ounce of meat and ½ ounce of cheese).
- Dried beans or peas (Remember: does not count for both vegetable and meat alternate in the same meal).
- When serving nuts and seeds, they may fulfill:
 - full requirement for the snack but;
 - no more than one-half of the requirements for lunch or supper.
- Edible portion for meats and meat alternates is used. Bone and skin shall not be counted as servings.
- Children, ages 1-2 years, need 1 oz. of meat or cheese, which is equal to a chicken leg, **OR** 1 egg, **OR** ¼ cup cooked dry beans/peas, **OR** 2 tablespoons of peanut butter, **OR** 4 oz. yogurt.
- Children 2-5 years need 1 ½ oz. meat, **OR** 1 egg, **OR** 3/8 c. cooked beans/peas (that's just under ½ cup), **OR** 3 tablespoons peanut butter, or 6 oz yogurt.

Fruits and Vegetables

- Use only 100-percent-strength juice for breakfast. Juice drinks with at least 50-percent-strength juice may be used for snack and lunch. (Caution: children must be served double the volume of these drinks to meet the requirement).
- Fruit-flavored drinks, Ades, or punches contain less than 50-percent-strength juice. These types of beverages may be served but are not credited toward meeting the requirement. These type beverages are discouraged, instead of serving high sugar, nutrient low fluids, serve water.
- Juice should not be served as part of the snack when milk is the only other component. It is poor menu planning to offer such a combination since it provides too much liquid for children.
- Juice or syrup from canned fruit does not count as fruit juice. Canned or frozen fruit should be packed in juice or water-not syrup or sugar packed.
- Use a different combination of two or more servings for lunch. Include various forms such as raw or cooked, fresh, frozen, canned in juices, or dried.

- Avoid serving two forms of the same fruit or vegetable in the same meal. Example: an orange and orange juice or an apple and applesauce are combinations that should not be used. **Serve a variety of vegetables and fruits to ensure a nutritionally well-balanced meal.**
- Small amounts (less than 1/8 cup) of onions, relish, catsup, salsa, jams, jellies, or other condiments may be added for flavor or garnish as "other foods," but do not count as a fruit or vegetable.

Bread and Bread Alternates

- Use whole-grain or enriched breads and bread alternatives, or whole-grain, enriched, or fortified cereals. Read labels on commercial products to ensure the use of enriched and fortified products.
- Foods such as cake and pie crust, and items usually served as desserts, cannot be used as bread alternates. Crust used as part of the main dish (i.e., for pizza or quiche) is allowed as a bread alternate.
- The bread requirement cannot be met with snack foods such as popcorn, hard pretzels, chips, or other low-moisture items made from grain.
- Cookies cannot be used for the bread requirement at breakfast, lunch, or supper. Cookies, such as animal crackers, graham crackers, and vanilla wafers may be used occasionally for a snack component.
- Doughnuts, honey buns, breakfast tarts, pastries, packaged snack cakes, and other high fat/sugar foods cannot be counted for any bread serving.

Milk

- Milk shall be served at Breakfast, Lunch, and Supper. Milk may also be served as part of a snack. The milk shall be pasteurized fluid milk, fortified with vitamin A and D. Low fat should not be served to children less than two years of age. After age two, it is encouraged to change to low fat or skim milk for health benefits.
- Dry milk shall not be used as a milk beverage, but may be used for cooking purposes.

VITAMIN C SOURCES
VITAMIN C SOURCE MUST BE SERVED DAILY

** BEST CHOICE

* GOOD CHOICE

#ACCEPTABLE CHOICE (ONLY COUNT FOR A VITAMIN SOURCE ONCE PER WEEK)

Fruits			Vegetables		
Food	Serving Size		Food	Serving Size	
Blackberries	¼ c.	#	Asparagus	¼ c.	*
Blueberries	¼ c.	#	Artichoke	¼ medium	*
Cantaloupe	¼ c	**	Bok Choy	¼ c.	*
Grapefruit	¼ medium	**	Broccoli	¼ c.	**
Grapefruit Juice	½ c	**	Brussel Sprouts	¼ c.	**
Grapefruit-Orange Juice	½ c.	**	Cabbage	¼ c.	*
Guava	¼ c.	**	Cauliflower	¼ c.	*
Honeydew Melon	½ c.	*	Chicory	¼ c.	*
Kiwi	½ medium	**	Collard Greens	¼ c.	*
Mandarin Orange Sections	¼ c.	*	Kale	¼ c.	#
Mango	¼ medium	*	Kohlrabi	¼ c.	**
Orange	½ medium	**	Mustard Greens	¼ c.	#
Orange Juice	¼ c.	**	Okra, not fried	¼ c.	#
Papaya	¼ c.	*	Peppers, green & red	¼ c.	**
Peach, frozen only	¼ c.	**	Potato, White, or Red Skinned Baked only-no instant/fries/tots	½ medium	*
Pineapple	¼ c.	#	Rutabagas	¼c.	#
Pineapple Juice	¼ c.	*	Snow Peas	¼ c.	#
Pineapple-grapefruit or orange juice	¼c.	**	Spinach	¼ c.	#
Raspberries	¼ c.	*	Sweet Potato	½ medium	*
Starfruit	¼ c.	#	Tomato	½ medium	*
Strawberries	¼ c.	**	Tomato or V-8 Juice	¼ c.	**
Tangelo	½ medium	**	Turnip Greens	¼ c.	*
Tangerine	½ medium	**	Miscellaneous		
Watermelon	½ c.	#	Liver, beef	1 oz.	**

VITAMIN A SOURCES

VITAMIN A SOURCE MUST BE SERVED EVERY OTHER DAY, 3 TIMES PER WEEK

** BEST CHOICE

* GOOD CHOICE

#ACCEPTABLE CHOICE (ONLY COUNT FOR A VITAMIN SOURCE ONCE PER WEEK)

Fruits			Vegetables		
Food	Serving Size		Food	Serving Size	
Avocado	¼ medium	#	Asparagus	¼ c.	#
Apricot	2 halves	*	Artichoke	½ medium	#
Cantaloupe	¼ c.	*	Bok Choy	¼ c.	*
Cherries, red sour	¼ c.	*	Broccoli	¼ c.	*
Mandarin Orange Segments	¼ c.	*	Brussels Sprouts	¼ c.	*
Mango	¼ medium	**	Carrots	¼ c.	**
Melon Balls	¼ c.	*	Collard Greens	¼ c.	**
Nectarine	¼ medium	#			
Papaya	¼ c.	*	Kale	¼ c.	**
Peaches	¼ c.	#	Lettuce, Green, Romaine, or Red NOT Iceberg	½ c.	#
Plantain	¼ c.	#	Mixed Vegetables	¼ c.	**
Prunes	¼ c.	*	Mustard Greens	¼ c.	**
Tangerine	½ medium	*	Okra, not fried	¼ c.	#
			Peas & Carrots	¼ c.	**
			Peppers, red	¼ c.	**
			Pumpkin	¼ c.	**
Miscellaneous					
Egg	1 medium	*	Rutabagas	¼ c.	#
Liver, beef	1 oz.	**	Spinach	¼ c.	**
Liver, chicken	1 oz.	**	Sweet Potato	½ medium	**
			Tomato or V-8 Juice	¼ c.	**
			Turnip Greens	¼ c.	**
			Winter Squash, Butternut or Hubbard	¼ c.	**

DENTAL CARE

Dental care is encouraged after each meal service. Parents shall supply toothbrushes and tooth powders or pastes for the child's individual use. Recommendations include replacing the brush every three months or when bristles are bent.

Each toothbrush and powder or paste must be:

- Labeled with the child's full name
- Stored out of children's reach when not in use
- Stored in a manner that prevents the toothbrushes from touching each other during storage

Staff is encouraged to attend trainings on dental care that includes:

- Proper tooth brushing technique as appropriate for the child's age and skills.
- Education to train parents about proper oral healthcare techniques.
- Education for staff and parents to learn the appropriate techniques to feed infants and children that minimize damage to teeth and facial development.

Children must have adult supervision during tooth brushing activities.

REFERENCES

Dietary Guidelines for Americans, 2005.

<http://www.health.gov/dietaryguidelines/dga2005/document/>

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