Nutrition Policy

Here at Building Blocks Christian Academy are committed to the children's health and support your child/ren's healthy food and beverage choices by abiding by the following guidelines for children over 1 year of age which are USDA approved.

Meat and meat alternatives:

- We offer only lean meats and no fried or pre-fried food.
- We will offer 1 meatless meal 1 time per week.
- We will offer fish or seafood type meals to the children in our program.

Whole Grains:

- Whole grain bread and pop tarts will be offered at the center.
- Serving brown rice for all rice dishes when possible.
- High sugar or fat snack items will not be served to the children in our program.
- All pasta noodles will be whole grain.

Fruits and Vegetables:

- Fruits will be offered 2, sometimes 3 times per day.
- Vegetables will be offered to the children in our program daily.
- Fresh fruits and vegetables will be offered at least 3 times per week.
- Gently encouraging children to try fruits and vegetables and giving positive reinforcement when they do.
- Providing nutrition education.

Beverages:

- Whole milk will be served to children younger than 2 years.
- Fat-free milk will be served to children 2 years of age and older.
- Following the American Academy of Pediatrics recommendations:
    - –Our program will encourage children over 1 year of age to use a cup exclusively, instead of a bottle.
    - –This program will not serve any food or drink, other than breast milk or iron-fortified infant formula, in a bottle unless medically necessary.
- Water will be clearly visible and available to the children at all times (indoors and outdoors).
- Flavored water with fresh fruit will be offered 1 time per week.
- No more than 4-6 oz. of juice will be offered more than 2 times per week.

Parties:

We encourage all parents to bring in healthy foods at all parties/celebrations. There is always a signup sheet in each classroom for you to participate in bringing in healthy options. The only sweets that are allowed here are cupcakes and candy at certain celebrations. However, the candy must be taken home and given at the parent's discretion.

To create a healthy meal time environment, we encourage all children to try the new foods we have prepared. The teachers also will be eating the healthy meal with the children, to promote good eating habits and positive eating habits. We will ask the children if they are full before allowing them to throw away their plate, and also before we serve seconds.

We will provide your child with a weekly lesson on healthy eating, as well as impromptu times during the day to encourage healthy eating behaviors.

In our monthly newsletter, there will be a recipe of the month, or some other kind of healthy article to encourage you as parents to promote healthy eating at home.

To support children's healthy eating habits, hunger and fullness cues will be observed and supported. Food will never be withheld from children as punishment nor will any type of food be given to the children as a bribe or a reward.

Child nutrition education for staff and families will be provided a minimum of 2 times per school year.