Growing Healthy Children

A guide to enhance nutrition and physical activity in New York City group child care centers

NYC Health

Growing Healthy Children

Child care centers play an important role in keeping children at a healthy weight. Children may consume as much as 50%-70% of their daily calories at child care centers. Their attitudes, food preferences and behaviors are influenced by the center's food environment. A written nutrition and physical activity policy can help your center create an environment to develop healthy habits in young children – habits that they can carry with them into adulthood.
Use this guide to:

Confirm compliance with New York City and federal regulations and standards. Review the enclosed *New York City Nutrition and Physical Activity Requirements Chart* on pages 5-7, outlining the New York City Health Code, New York City Food Standards, Child and Adult Care Food Program and Head Start regulations and standards.

Create a written nutrition and physical activity policy for your center, building on existing regulations and standards. Select recommended policy components listed on pages 11-12. Use the *Sample Policy* on page 13 as a model.

Communicate this policy to center staff and families. Inform staff, parents and caregivers about the policy through trainings, meetings and written materials, using the enclosed *Sample Family Letter* on page 17 as a model. Educating staff and families about this policy is an important step to ensure its successful implementation.

We encourage you to share with us your success in creating a nutrition and physical activity policy for your center. Please send us a copy of your written policies so we may highlight your efforts and encourage other child care centers across New York City to adopt similar policies.

Electronic versions of the enclosed templates and recipes in Spanish are available. To receive a copy or if you have any questions, please contact us at ewph@health.nyc.gov.

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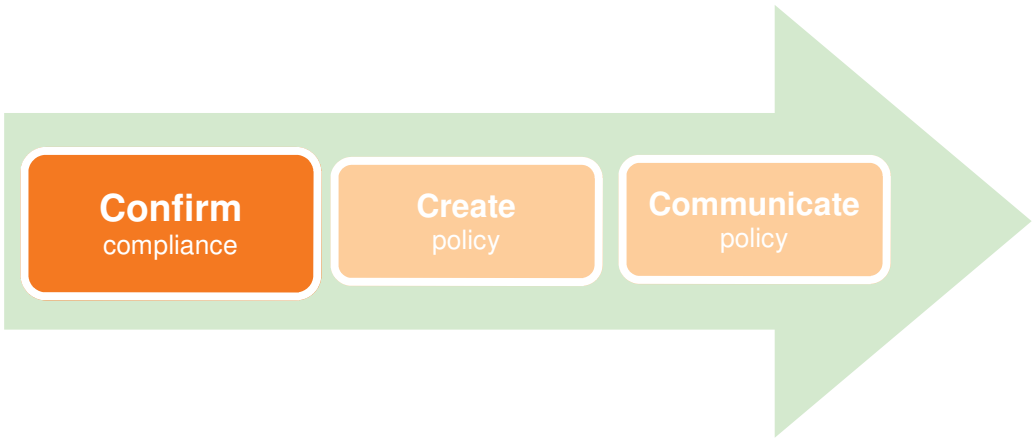
Step 1:

Confirm

Compliance



Step 1: Confirm Compliance

The first step in creating your own written policy is to ensure your child care center is adhering to the New York City Health Code Regulations, which apply to all child care centers permitted by the New York City Health Department. Your center may also need to comply with additional nutrition and physical activity standards, such as:

- New York City Food Standards (required for center-based Head Start and Child Care centers under contract with the New York City Administration for Children's Services),
- United States Department of Agriculture's Child and Adult Care Food Program—CACFP (required for participating centers), and
- Head Start Standards (required for Head Start Programs).

Use the *New York City Nutrition and Physical Activity Requirements* chart on pages 5-7 to review Nutrition and Physical Activity **regulations and standards**. Use the legend to determine which requirements apply to your center and then confirm compliance. Additional **recommended practices** can be found on page 8. Although not required, implementing some of these recommended practices can help create a healthier child care center environment.

A Note about the New York City Health Code:

Effective January 1, 2007, Article 47 of the New York City Health Code includes new provisions regarding nutrition services provided to children in child care centers that are permitted by the New York City Department of Health and Mental Hygiene (DOHMH). For a copy of Article 47, go to nyc.gov/html/doh/downloads/pdf/public/notice-adoption-hc-art47-0308.pdf.

A Note about the New York City Food Standards:

The New York City Food Standards were established by Mayoral Executive Order 122 to improve the health of all New Yorkers served by City agencies. The Standards apply to all City agencies. Programs operating Head Start and child care centers under contract with the New York City Administration for Children's Services are required to follow the Standards for their center-based programs. See page 50-56 for tips for meeting the Standards. For more information on the New York City Food Standards, see Appendix section (page 57).

New York City Nutrition and Physical Activity Requirements

Use this list to confirm your center's compliance with regulations and standards.

- ● **Health Code Article 47 and Article 81** – *required for all New York City group child care centers*
- ◆ **New York City Food Standards** – *required for center-based Head Start and Child Care centers under contract with the Administration for Children's Services*
- ■ **Child and Adult Care Food Program (CACFP)** – *required for participating centers*
- ★ **Head Start Program** – *required/supported by the Head Start Performance Standards for Head Start Centers*

Beverages

- ● ◆ ■ ★ No beverages with any added sweeteners, whether artificial or natural, shall be served.
- ● ◆ ■ ★ Only 100% fruit juice is allowed.
- ● ◆ ■ ★ No more than 6 ounces of 100% juice per day is allowed.
  - ◆ *If meals are provided, serve juice no more than one time per day. If only snacks are provided, serve juice no more than 2 times per week.*
  - ■ *No more than one serving of juice (2-4 oz. depending on child's age) allowed per day.*
- ● ■ ★ Juice shall only be provided to children over 8 months of age and shall not be provided in bottles.
- ● ◆ ■ ★ Only unsweetened/unflavored 1% or non-fat milk for children ages two or older is allowed. Milk with a higher fat content is allowed when medically required. Milk substitutes (such as soymilk) must be unflavored and unsweetened.
  - ■ *The type of milk must be specified on the menu. Milk substitutes must have the same nutrient profile of milk.*
- ● ◆ ■ ★ Only unsweetened/unflavored whole milk for children ages 12 months to under age 2 is allowed.
- ● ◆ ★ Water shall be made available throughout the day, including at meals.
- ■ ★ Water must be served with snack if neither of the two required components is a beverage and it must be specified on the menu.

Meals Brought into the Center

- ● Nutritional guidelines must be distributed to parents for food and drink brought into the child care center from other sources.

Physical Activity

- ● ★ Physical activity is promoted in the classroom daily.
- ● ★ Children ages 12 months and older attending a full-day program will participate in at least 60 minutes of physical activity each day.
- ● ★ Children ages 3 or older will have at least 30 minutes of the 60 minutes as structured and guided physical activity.
- ● ★ Children attending less than a full-day program shall be scheduled to participate in a proportionate amount of activity.
- ● ★ Children shall not be allowed to remain sedentary or to sit passively for more than 60 minutes continuously, except during scheduled rest or naptime.
- ● ★ Children will have adequate periods of outdoor play each day except during inclement weather.
- ● ★ Television, video and other visual recordings shall not be used with children under two years of age. For children ages two and older, viewing of television, videos and other visual recordings shall be limited to no more than 60 minutes per day of educational programs or programs that actively engage child movement. Children attending less than a full day program will be limited to a proportionate amount of screen time.

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Purchased Foods

- ◆ ■ ★ Yogurt must be low-fat or non-fat with no artificial sweeteners.
- ◆ ★ All items must contain 480 mg sodium or less per serving.
- ◆ ★ Sliced sandwich bread must contain 180 mg sodium or less per serving, be whole wheat/whole grain and contain 2 or more grams fiber per serving
- ◆ ★ Other baked goods (such as dinner rolls, muffins, bagels, tortillas) must contain 290 mg sodium or less per serving.
- ◆ ★ Cereal must contain 215 mg sodium or less per serving and at least 2 grams fiber per serving.
- ◆ ■ ★ Cereal must contain 6 grams sugar or less per serving.
  - ■ *Sweet grains may only be served at breakfast and snack no more than 2 times per week.*
- ◆ ★ Fruit must be canned in unsweetened juice or water. No fruit canned in syrup.
- ◆ ★ Canned and frozen vegetables and beans must contain 290 mg sodium or less per serving.
- ◆ ★ Canned and frozen seafood and poultry must contain 290 mg sodium or less per serving.
- ◆ ★ Canned beef and pork and luncheon meat must contain 480 mg sodium or less per serving.
- ◆ ★ Portion-controlled items (such as breaded chicken, chicken nuggets, frozen French toast and waffles) must contain 480 mg sodium or less per serving.
- ◆ ★ Salad dressings must contain 290 mg sodium or less per serving.
- ◆ ★ Sauces (except soy sauce) must contain 480 mg sodium or less per serving.
- ◆ ★ Purchased snacks, such as crackers, chips, and salty snacks, must contain 200 mg sodium or less per serving.
- ◆ ★ Purchased grains (such as granola bars, cookies and muffins) served for snacks must contain 10 grams sugar or less and at least 2 grams fiber per serving.
- ● ◆ ★ Artificial trans fat is restricted. No foods containing artificial trans fat shall be stored, distributed, held for service, or used in preparation of any menu item.

Prepared Meals: Nutrient Standards*

- ◆ Total sodium per day must be 1,700 mg or less. Breakfast can contain no more than 425 mg sodium, snacks no more than 170 mg sodium, lunch no more than 600 mg sodium, and dinner no more than 600 mg sodium.**
- ◆ Total fiber per day must be at least 19 grams.**
- ◆ Total fat must not exceed 30% of total calories.
- ◆ Saturated fat must be less than 10% of total calories.

*See New York City Food Standards document in Appendix section (page 57) to determine if your center is exempt from these requirements.

**If serving one or two meals per day, require each meal served meets appropriate range of sodium and fiber: 25-30% for breakfast, 30-35% for lunch, 30-35% for dinner.

New York City Nutrition and Physical Activity Requirements

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Prepared Meals: Components

- ◆ ■ ★ A minimum of 2 servings of fruits and vegetables are required per meal for lunch and dinner.
- ◆ A minimum of 5 servings of fruits and vegetables are required per day for programs serving breakfast, lunch and dinner.
- ◆ A minimum of 3 servings of non-starchy vegetables must be served weekly per lunch and per dinner for programs serving meals 5 days per week or less. For programs serving meals more than 5 days per week, require a minimum of 5 servings of non-starchy vegetables weekly per lunch and per dinner.
- ◆ No deep frying is allowed.

Celebrations

- ● ◆ ■ ★ No beverages with any added sweeteners, whether artificial or natural, shall be served.
- ● Nutritional guidelines must be distributed to parents for food and drink brought into the child care center from other sources.
- ◆ Healthy options, such as fresh fruit, leafy green salad, and/or vegetable slices must be served at special occasion celebrations.
- ◆ Water must be served at all special occasion events.

Recommended Practices

Below are nutrition practices *recommended* in the Health Code, New York City Food Standards and the USDA's Child and Adult Care Food Program (CACFP). For Head Start Programs, practices noted with an asterisk* are required and supported by the Head Start Performance Standards.

Meal and Snack Standards

- ☐ Nutritional needs and requirements are met by serving a variety of healthful foods, including whole grains, vegetables, fruits, lean meat and meat alternatives (eggs, nuts, seeds, beans and peas), and milk and milk products (yogurt and cheese). USDA's "ChooseMyPlate" provides a basis for determining the kinds and amounts of the food groups to be eaten each day.*
- ☐ One third of the nutritional needs of children in part-day programs and one-half to two-thirds of the nutritional needs of children in full-day programs should be met. Guidelines for meal and snack patterns from the Child and Adult Care Food Program (CACFP) provide a variety of options.*
- ☐ The size and number of servings should reflect individual children's needs. Specific portion sizes for meal and snack components vary by age group.*
- ☐ Eliminate all foods that meet the USDA definition of Foods of Minimal Nutritional Value (definition available at: www.fns.usda.gov/cnd/menu/fmnv.htm). Examples include chewing gum, candy and water ices.
- ☐ Purchase "low sodium" (140 mg sodium or less per serving) products whenever feasible.
- ☐ Choose low-sodium and low-fat cheeses when possible. Full-fat cheeses should not be served more than one time per week.*
- ☐ Use lower sodium condiments and sauces such as reduced sodium soy sauce.
- ☐ All breads and cereals should be whole grain. Serve whole grain pasta, rice and baked goods when possible.*
- ☐ All meats and meat alternatives should be lean or low-fat and prepared without added fat. Processed or high-fat meats should be served no more than once per week.*
- ☐ Serve extra lean (total fat less than 5%) beef and pork and at least 90% lean ground beef.*
- ☐ Serve plain yogurt or yogurt that has 30 grams sugar or less per 8 ounce serving or equivalent amount per ounce for smaller containers (e.g. 15 grams or less per 4 ounce container).*
- ☐ Vegetables and fruits should be fresh, frozen, or canned and prepared with no added sugar, salt or fat.*
- ☐ At least one of the two servings of vegetable/fruit required at lunch and supper should be a vegetable.
- ☐ One or more servings of vegetable/fruit per day should be high in vitamin C.
- ☐ Three or more servings of vegetable/fruit per week should be high in vitamin A.
- ☐ Three or more servings of vegetable/fruit per week should be fresh.
- ☐ Encourage breast milk for infants. Exclusive breastfeeding is recommended for infants up to 6 months of age. Child care services caring for young infants should make every effort to assist parents in assuring continuity of breastfeeding. Breast milk or iron-fortified infant formula should be served for the first twelve months of life.*

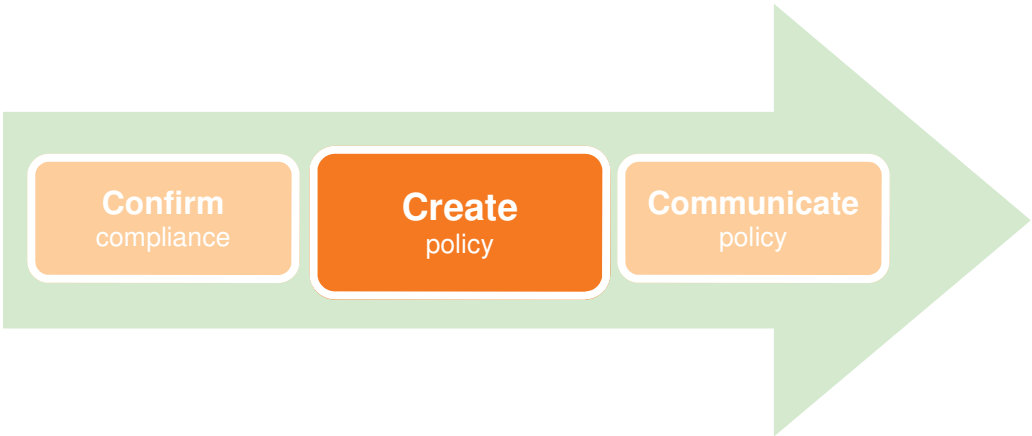
Celebrations

- ☐ Have a written policy that addresses meals and snacks for special occasions.
- ☐ Limit special occasion meals and snacks to once a month.
- ☐ If serving sweets/desserts at special occasions, offer in moderation and in appropriate portions.

Mealtime Environment

- ☐ Child care services should provide children with an environment that models and promotes healthy eating.*
- ☐ Television should not be viewed during mealtimes.*
- ☐ Child care services should provide a variety of foods that broaden children's experience with foods and should take into account cultural and other preferences and requirements.*
- ☐ Opportunities should be provided for children to be involved in activities related to food service, such as simple food preparation, setting the table, serving food to others or self, and cleaning up. These activities should be closely supervised to assure safe food handling.*
- ☐ Food should not be used as punishment or reward and children should be encouraged, but never forced, to eat.*

Step 2:
Create
a Written
Policy



Step 2: Create Your Own Written Policy

Your nutrition and physical activity written policy should build upon the Health Department's child care center regulations. Here are some examples of suggested enhancements:

New York City Health Code Requirement	Suggested Enhancement
Television, video and other visual recordings shall not be used with children under two years of age. For children ages two and older, viewing of television, videos and other visual recordings shall be limited to no more than 60 minutes per day of educational programs or programs that actively engage child movement.	Television, video and other visual recording viewing time for children is not allowed in the center.
Children shall receive no more than 6 ounces of 100% juice per day.	No juice (including 100% juice) is served in the center. Instead, the center serves ONLY water, low-fat unsweetened milk and fresh fruit.
For children three years of age and older, at least 30 of the 60 required minutes of daily physical activity must be structured, planned or guided physical activity.	Children receive three 15-minute structured activity sections (45 minutes) daily, in addition to 30 minutes of recess/free play.* All physical activity breaks are detailed in teacher lesson plans. Teacher-led physical activity breaks at local parks are included during walks and on field trips.

*See the Physical Activity Classroom Lessons on pages 27-32 for ideas.

In addition to the mandatory requirements listed in Step 1, we encourage you to choose from the suggested policy components on the following page to create your center's policy. Every change that is made can improve the nutrition and physical activity environment at your center. A sample policy is also included in this section on page 13.

Additional Suggested Policy Components for a Healthier Child Care Environment—for Staff

Mealtime Environment

- ☐ Meals are served family style (children serve themselves with limited help).
- ☐ Food is never used as a reward or punishment.
- ☐ Staff displays a positive attitude towards all foods served.
- ☐ Staff consumes the same food and drinks as the children during mealtime.
- ☐ Children are never forced to eat.
- ☐ When children eat less than half of a meal or snack, the staff helps determine if they are full before removing the plate.
- ☐ When children request seconds, staff helps children determine if they're hungry before serving more food.
- ☐ Staff sits and eats with the children.
- ☐ Meals and snacks are provided at regular hours and appropriate intervals.
- ☐ Staff creates a pleasant eating environment.
- ☐ Staff encourages children to help in simple meal preparation, such as setting the table and cleaning up.

Meals and Snacks

- ☐ Snacks served are nutritious.
- ☐ Food is served in appropriate portions.
- ☐ Fresh fruits and vegetables are served daily.
- ☐ Whole grains are included in meals and snacks.
- ☐ Food items are low in added sugar unless they provide significant nutritional value.

Beverages

- ☐ No juice, including 100% juice, is served (serve fresh fruit instead).
- ☐ Water is made available in child-sized pitchers for children (3 years old and older) to help themselves throughout the day.

Physical Activity and Screen Time

- ☐ 30 minutes of free play and 30 minutes of structured play each day is included on the posted weekly schedule for each classroom (use physical activity lessons on pages 27-32 for ideas).
- ☐ Teacher-led physical activity periods are detailed in all staff lesson plans.
- ☐ A minimum of two teachers participate in all physical activity sessions.
- ☐ Staff act as a child's physical activity partner to encourage children to participate.
- ☐ Children are not asked to "sit out" if they do not follow all directions during physical activity breaks.
- ☐ Teacher-led physical activity breaks at local parks are included during walks and on field trips.
- ☐ Various types and tempos of music are used to encourage movement during all physical activity sessions.
- ☐ Healthy fundraisers are used to buy physical activity equipment, such as beanbags, scarves and music CDs, for each classroom.
- ☐ Parents are informed of free or low-cost physical activity opportunities in the community, such as BeFit NYC resources, Shape Up, park events and music and movement classes.
- ☐ Television viewing time for children is not allowed in the center.

Additional Suggested Policy Components for a Healthier Child Care Environment–for Parents

Parent Meetings

- ☐ Only foods on the ***Healthy Food and Beverage List*** (page 20) are to be used for parent meetings.
- ☐ Food is not served during parent meetings.
- ☐ Parents and caregivers participate in a physical activity, such as stretching or dancing, at every parent meeting.
- ☐ Family sessions ("Movement Night") to learn about physical activity are held at the center, highlighting the activities and dances the children have learned.

Fundraising

- ☐ Fundraising consists of selling only non-food items (e.g. wrapping paper, coupon books or magazines).
- ☐ Only foods on the ***Healthy Food and Beverage List*** (page 20) are to be used for fundraising activities.

Foods Brought into the Center

- ☐ Fresh fruits and vegetables, whole grains and foods low in sugar are strongly encouraged for meals brought into the center.
- ☐ Only fresh fruits and vegetables, low-fat dairy and whole grains can be brought into the center for snacks.
- ☐ Only foods listed on the ***Healthy Food and Beverage List*** (page 20) can be brought into the center for snacks.
- ☐ Outside foods are not allowed in the center for meals or snacks.

Celebrations

- ☐ The ***Healthy Food and Beverage List*** (page 20) and the ***Healthy Celebrations Sheet*** (page 24) are distributed to all parents and caregivers.
- ☐ Only foods listed on the ***Healthy Food and Beverage List*** (page 20) and the ***Healthy Celebrations Sheet*** (page 24) can be brought in for celebrations.
- ☐ No more than one birthday party per month is held.
- ☐ At each celebration, only one sweet or dessert is served.
- ☐ Fresh fruits and vegetables are offered at all celebrations.
- ☐ Only unflavored low-fat milk, 100% fruit juice, seltzer and water are offered as beverages during special occasions.
- ☐ If serving sweets during celebrations, serve child-sized portions, such as mini-muffins or small cupcakes.
- ☐ Outside foods are not allowed for celebrations and parties.
- ☐ Physical activity, such as games and dancing, are promoted during special occasions.
- ☐ Children can pick their favorite physical activity to lead their classmates in on their birthday.

Champion Center:

At Hudson Guild Children's Center in NYC, children choose from a list of fun, nutritious birthday treats such as fruit kabobs, nutritious muffins, mini pizzas, fruits and vegetables. Parents can bring in non-food items like music, games and decorations.

Sample Policy

Below is an example of a nutrition and physical activity policy developed using a combination of the requirements (pages 5-7) and suggested recommendations (pages 8, 11-12) listed in this guide.

[*Name of your child care center*] strives to provide the best care for children. We believe that part of high-quality childcare is serving healthy food in a pleasant, enjoyable environment and providing opportunities for children to be active every day.

WE ARE PROMOTING A HEALTHY ENVIRONMENT IN THE FOLLOWING WAYS:

Mealtimes

- The staff offers fresh fruits and vegetables at every meal and as often as possible.
- When milk is provided, only fat-free or 1% milk is served. Milk and milk substitutes (such as soy milk) are unflavored.
- Food is never used as a reward or punishment, and children are never forced to eat.
- The staff encourages children to serve themselves and try new foods.
- Water is offered and made readily available on the table throughout the day and at mealtimes.

Outside Foods

- There are no sugary drinks allowed in the center, even during celebrations.
- A list of approved foods that may be brought into the center for snacks, celebrations and parent meetings is provided to all staff, parents and caregivers.
- All sweets or desserts are served in moderation and in child-sized portions, such as mini-muffins.

Celebrations

- Physical activity, like games and dancing, are incorporated into celebrations.
- Only one birthday party per month is held for each class.
- Healthy items, such as vegetables and low-fat dip, fruit slices, low-fat cheese and whole grain crackers, are provided along with any sweets at all celebrations, special occasions and events.
- Water is offered and made readily available at all special occasions and events.

Healthy Fundraising

- Fundraising consists of selling only non-food items.

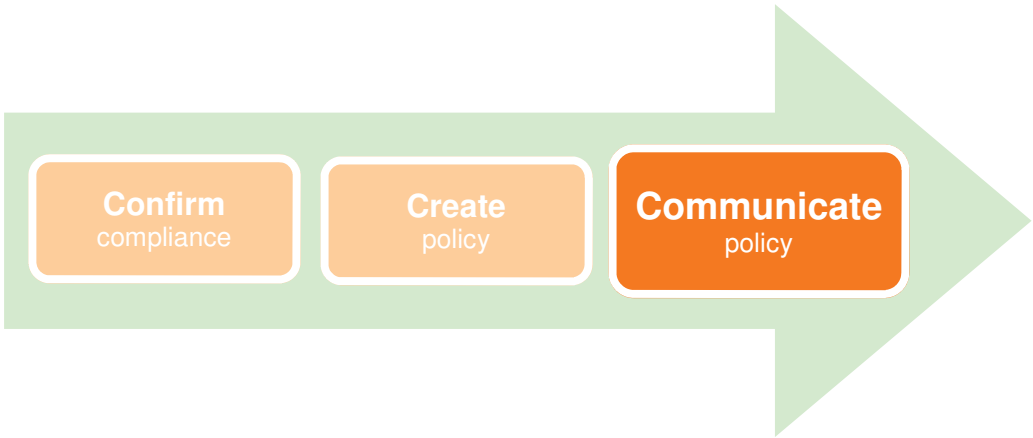
Physical Activity

- A minimum of 30 minutes of structured and 30 minutes of unstructured physical activity is provided each day to all children.
- All structured, teacher led physical activity periods are detailed in staff lesson plans.
- Screen time is not included in daily activities.

[Child Care Center Name] is in compliance with all required regulations from the New York City Health Code, New York City Food Standards, Head Start regulations and Child and Adult Care Food Program Required Meal Patterns. Specific information regarding these regulations is available at the center upon request.

Step 3:

Communicate the Policy



Step 3: Communicate Your Center's Policy

Communicating your center's policy to staff, parents and caregivers is one of the most important steps you can take in creating a healthy environment.

Here are ways you can clearly communicate your policy:

- ☐ Post your written policy in a visible location
- ☐ Update staff and parent handbooks
- ☐ Hold parent meetings about the policy
- ☐ Conduct staff trainings
- ☐ Send letters and flyers home.

  Use the ***Sample Family Letter*** (page 17) with supporting materials such as the ***Healthy Food and Beverage List*** (page 20) or ***Healthy Celebration Sheet*** (page 24) as a guide.

Contact EWPH@health.nyc.gov for electronic versions of the documents listed above.

Champion Center:

East Harlem Bilingual Head Start is officially a sugar-free zone. A sign outside of the center announces this policy, discouraging vendors from selling sweets right outside their front door. Staff members take pride in the fact that they are role models and don't bring soda into the center. Caregivers are given a list of outside food that is not allowed to be brought into the center.

Sample Family Letter

Below is an example of a letter for parents and caregivers. This is one way to communicate your nutrition and physical activity policy.

Dear Families,

[Child Care Center Name] strives to provide the best care for your children.

We know the health of your child is very important to you. [Child Care Center Name] hopes to make your job as a parent and caregiver easier. Our nutrition and physical activity policy helps ensure that your child eats healthy and is physically active.

As part of this plan, we have created a list of foods that are allowed into the center for snacks and celebrations, as well as healthy celebration ideas. When bringing food into the center, please choose foods listed on these sheets. We also encourage you to try some of these ideas at home.

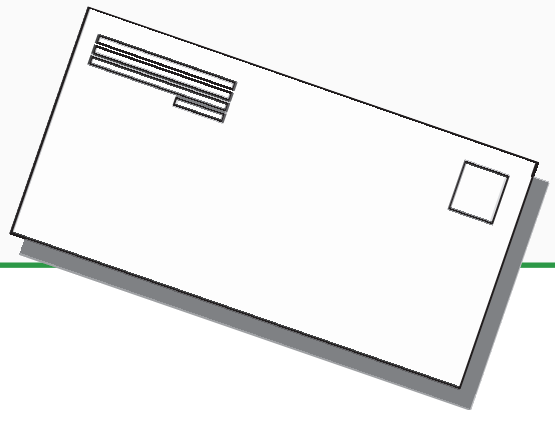
Enclosed you will find:

[Child Care Center Name] Nutrition and Physical Activity Policy
[Child Care Center Name] Healthy Food and Beverage List
[Child Care Center Name] Healthy Celebrations Sheet

We are excited about this policy and we hope you are too. Should you have any questions or concerns, please reach out to us.

Sincerely,

[Site Director Name]
Director



Family Resources

Healthy Food and Beverage List

Physical Activity Calendar

Healthy Food and Beverage List

To support the health of our children, we ask that staff, parents and caregivers bring into the center only foods from the approved Healthy Food and Beverage List for snacks and celebrations. If you would like to bring in a food or beverage that is not on this list, please speak with our director.

Everyday foods requiring no preparation

- Fresh fruit, such as berries, bananas, oranges
- Fresh vegetables, such as snap peas and string beans
- No sugar added fruit cups
- Unsweetened apple sauce
- Unsweetened dried fruit
- Low-fat cottage cheese
- Low-fat string, sliced or cubed cheese
- Low-fat yogurt with no artificial sweeteners and 30 grams sugar or less per 8 ounces
- Whole grain cereal with 6 grams sugar or less per serving and at least 2 grams fiber per serving
- Sparkling water, low-fat or non-fat milk and unflavored milk alternatives
- Whole wheat crackers with low-fat cheese or hummus

Everyday foods requiring some preparation

- Fresh cut-up vegetables, such as cucumbers, baby carrots or grape tomatoes^
- Fruit or vegetable kabobs using soft fruit or vegetables and coffee stirrers
- Parfaits using low-fat yogurt and fresh fruit
- Bite-sized sandwiches with lean meats, low-fat cheese and whole grain bread

Occasional foods requiring no preparation

- 100% juice (no more than 6 ounces per day)
- Sparkling water with 100% fruit juice
- Low-sugar cereal or granola bars
- Graham crackers
- Light popcorn
- Pita or bagel chips

Occasional foods requiring some preparation

- Mini bagel with low-fat cream cheese
- Rice cakes with low-fat cream cheese
- Celery with low-fat cream cheese
- Frozen 100% juice on popsicle sticks

Additional Recipes*

- Strawberry Yogurt Popsicles
- Fruit Salad
- Smoothies
- Tuna Salad Pita Pockets
- Carrot Pineapple Salad
- Low-fat Dips to Serve with Vegetables: Tangy Yogurt Dip, Curry Dip, Honey Mustard Dip
- Cottage Cheese Dip
- Chick Pea Dip
- Mini Pizzas
- Snack Mix
- Banana Oatmeal Mini Muffins
- Carrot Spice Mini Muffins
- Apples and Sweet Potato Dip

^To prevent choking, cut food into pieces no larger than one-half inch. Slice grapes and cherry tomatoes in half. Slice baby carrots lengthwise. For more information on choking hazards, visit choosemyplate.gov.

*Copies of these recipes are available by request from the director or by emailing ewph@health.nyc.gov.

At Home Physical Activity Calendar

- Encourage your children to be active by setting aside 10-15 minutes for movement every day.
- Turn off the TV, video games, MP3 player, and computer.
- Use this calendar each month by labeling the boxes with new dates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Twist, turn, bounce, and bend. Try doing each of these movements with different parts of your body. Can you think of other fun ways to move?	**Act out a story.** Read a book and act out the story and movements of the characters.	**Play "Alphabet Walk."** Go for a walk and look for objects that begin with different letters of the alphabet.	**Grow big and small.** Go outside and play "big" and "small" (e.g., take big steps and small steps, big jumps and small jumps).	**Jump.** Walk in your home. Jump 5 times when you get to a new room.	**Eat colorful.** Serve colorful fruits and vegetables with every meal. Talk about the colors on the plate.	**Play "Animal Follow the Leader."** The leader moves like an animal and everyone else follows. Change leaders and animals.
Wake up and move. As soon as you wake up, do 10 jumps, 10 reaches, 10 twists, and 10 silly moves.	**Play "Emotions Charades."** Use your entire body to act out different emotions and see if someone can guess what you are feeling.	**Build an obstacle course.** Run, jump, crawl, and climb around the obstacle course.	**Toss and catch.** Use a pair of rolled up socks to play toss and catch inside or outside.	**Turn on some fast music.** Shake, rock, roll, and dance. Try to keep moving for the entire song.	**Practice jumping and hopping.** How far can you go? How many can you do in a row?	**Go silly walking.** Walk all around your home acting silly. Can you walk like a duck, like it is very windy, like you are on hot sand?
Take a train ride. Move your arms like the wheels of a train. Pretend to go over mountains and through tunnels as you walk and move like a train.	**Play "Musical Freeze Dance."** When the music is on, dance and move around. When the music is turned off, quickly try to freeze and balance.	**Move creatively.** Float like a feather, freeze like an ice cube, sizzle like eggs, and wiggle like noodles.	**Play "Superhero."** Imagine that you are a superhero. Run, stomp, swing, fly, melt, march, and tip toe.	**Stretch.** Take a break to stretch, reach, and bend as you take deep breaths.	**Hold yoga animal poses.** Make up a yoga pose for your favorite animals. Hold each pose as you relax and breathe.	**Cook together.** Stir, scoop, and measure ingredients. Also, wash fruits and vegetables to help prepare meals.
Play "Airplanes." Pretend to be an airplane. Take off with your arms out like wings. Fly high and low.	**Practice hopping and counting.** Hop once on each foot, then hop twice on each foot, etc. Continue hopping and counting.	**Move for two.** Try to move quickly for 2 minutes without stopping. Put your hands on your chest over your heart. Is your heart beating faster?	**Make animal moves.** Walk like your favorite animals through your home. When you get to a new room change to a new animal.	**Play "I Spy."** One person says "I spy _____." When the other person says that they see the object, both run to it. Next time try skipping or galloping when you see the object.	**Have fun balancing.** Put 4 body parts on the ground and balance. How about 3 body parts? Now try balancing on 2 body parts.	**Play "Run and Touch."** Choose a body part and say a number. Run and touch that many objects with that body part (e.g., touch 8 objects with your elbow).
Play "What am I?" Take turns acting something out as the other person copies and guesses what you are.	**Work on movement skills.** Practice walking, running, galloping, skipping, jumping, leaping, hopping, and sliding sideways with your child.	**Buy fresh.** Visit local Farmers' Markets or grocery stores to see and buy fresh produce.	**Notes:** For more fun movement ideas to do at home visit: **www.aahperd.org/headstartbodystart**			

Child Care Center Resources

Healthy Celebrations

Celebration Ideas – Themed Parties

Healthy Fundraising Ideas

Physical Activity Classroom Lessons

Suggested Classroom Recipes

Healthy Celebrations

Provide a healthy environment for your center's children – all the time – by supporting the celebration ideas listed below.

Celebration Activities

- Provide extra recess time instead of a class party.
- Let the birthday child choose his or her favorite activity, game or song for the whole class to participate in together.
- Throw themed parties with games and activities, such as a salsa party or a hip-hop dance party.
- Have the center director spend time with the birthday child, such as taking a walk together.
- Ask the family of the birthday child to:
  - ☐ Purchase a book for the classroom in the birthday child's name;
  - ☐ Make a special birthday package with items such as pencils, stickers and a card from classmates;
  - ☐ Provide games instead of food; or
  - ☐ Provide a healthy treat (see suggestions below).

Healthy Treat Ideas*

- Banana Sundaes – Have the class make their own "sundaes." Serve one small scoop of low-fat vanilla yogurt topped with banana slices and whole grain cereal for crunchy sprinkles.
- Parfait Party – Have the class layer sliced fruit (such as strawberries, pineapple and kiwi) with low-fat vanilla yogurt in clear cups.
- Smoothies – Top drinks with sliced fruit and use a fun straw.
- Fruit Salad or Fruit Kabobs (using soft fruit and coffee stirrers)
- Banana Oatmeal Mini Muffins
- Carrot Spice Mini Muffins
- Frozen 100% juice on a popsicle stick
- Strawberry Yogurt Popsicles
- 100% juice mixed with sparkling water
- Snack Mix

* All of these recipes are available; ask your Director for a copy or email ewph@health.nyc.gov. Allow children to help with food preparation when possible.

Celebration Ideas—Themed Parties

Mini Pizza* Party – Have the class make their very own pizzas on whole wheat English muffins. Be creative with the toppings; make little vegetable faces using sliced black olives, corn, mushroom slices, broccoli, tomato wedges, bell pepper slices, shredded carrots and zucchini.

Magic Party – Read a book about magic to the class. Show a magic trick and let children make their own fruit wands – spearing pieces of fruit onto coffee stirrers or popsicle sticks. Dip the wands in low-fat vanilla yogurt.

Fishing Party – Read a book about fish or the ocean. Have children create fishing poles out of coffee stirrers or popsicle sticks and go "spear" fishing on a plate of vegetables. Cucumbers, sliced tomatoes, cooked broccoli and sliced bell peppers work well for this activity.

Pirate Party – Read a book about pirates or mermaids. Have children make a pirate hat out of newspaper and decorate their own treasure chest using the bottom half of a brown paper lunch bag. Have children fill the bags with a Treasure Chest Snack Mix*. Try adding dried unsweetened fruit to the snack mix to make it more colorful.

Beach and Luau Party – Play Hawaiian music and provide hula hoops. Have the class create a beach craft project, such as making leis out of cut-out paper flowers and string. This is a great opportunity to try tropical fruits like mango, guava and star fruit. You can also make the Carrot Pineapple Salad* with the children.

Vegetable Farm – Sing songs and read books about a farm. Discuss and let children taste vegetables from the farm. Have each child build a salad with reduced fat dressing or try the vegetables with one of these great dips: Tangy Yogurt Dip*, Curry Dip*, Honey Mustard Dip*, Chick Pea Dip*, Cottage Cheese Dip*.

Autumn (Halloween, Thanksgiving) – As a class, make Sweet Potato Dip*. Serve it with apples, pears and graham crackers.

Spring – Have the class make "Rabbit Snack Bags" of carrot sticks, celery and apple slices. Take a class walk to the park or playground, and eat the snacks.

All Holidays and Seasons – Have the class create different shaped foods using cookie cutters. A sandwich can be served in the shape of a heart, snowman, butterfly, four-leaf clover and much more.

* See recipes (pages 33-48)

Healthy Fundraising

Providing a healthy environment for children should also include fundraising activities. Too often, fundraisers involve selling foods high in fat and sugar. Raise money for your child care center and honor your nutrition and physical activity policy at the same time by implementing healthy fundraisers. Below are some fundraising ideas to consider.

Non-Food Fundraising Ideas

- Ask families to donate used books to be sold.
- Ask companies for donations of gift cards, movie tickets and coupons for prizes.
- Sell school supplies such as pencils, pens, stickers and folders.
- Sell raffle tickets to win prizes such as books, toys, gift baskets and coloring books.
- Conduct a Walk-A-Thon.
- Work with independent companies to sell stationery, gift wrap°, magazines, candles° and gifts.
- Have a "Bake-less" bake sale and ask parents to donate the money they would have spent on ingredients at the grocery store.
- Sell safety and first-aid kits, scratch cards° or discount or value cards°.

Food Fundraising Ideas: Choose from a Combination of Better Bake Sales and Healthy Foods

Better Bake Sales (homemade baked goods with fruits or vegetables):

- Carrot Spice Muffins*
- Banana Oatmeal Muffins*(try adding seasonal fruit, like blueberries)
- Raspberry Bran Muffins
- Zucchini Bread
- Pumpkin Bread

Healthy Foods (no baking required):

- Fresh whole fruit°
- Fruit Salad* - try a fruit salad bar
- "Sundae" Bar with fruit, low-fat vanilla yogurt and whole grain cereal as a crunchy topping
- Smoothies*
- Snack Mix in baggies—see our Snack Mix* recipe
- Vegetable Snack Bar: carrot sticks, celery and cucumber with or without a low fat dip

° For additional fundraising ideas, go to nyc.gov/html/doh/html/cdp/cdp-pan-healthy-hs.shtml.
* See recipes (pages 33-48)

Champion Centers:

At NYC child care centers, harvest baskets were sold with the essential vegetables to complete a traditional Thanksgiving meal. The baskets were ordered ahead of time by parents and staff, then assembled by Parent Advisory Committee members.

Start and Stop Fun

Children Will

- Practice following start and stop signals.

Materials and Setup

- Have each child stand on one spot.
- Spots (1 red, 1 green, and 1 yellow spot for teacher to use as visual cues.)
- Kids in Motion CD: "The Freeze" (Track 4)
- Apple (Card 23), Banana (Card 24), Broccoli (Card 26)

Warm Up

Number Fun

One: Jump up high to have fun.

Two: Walk a circle like the sun.

Three: March with your knees up high.

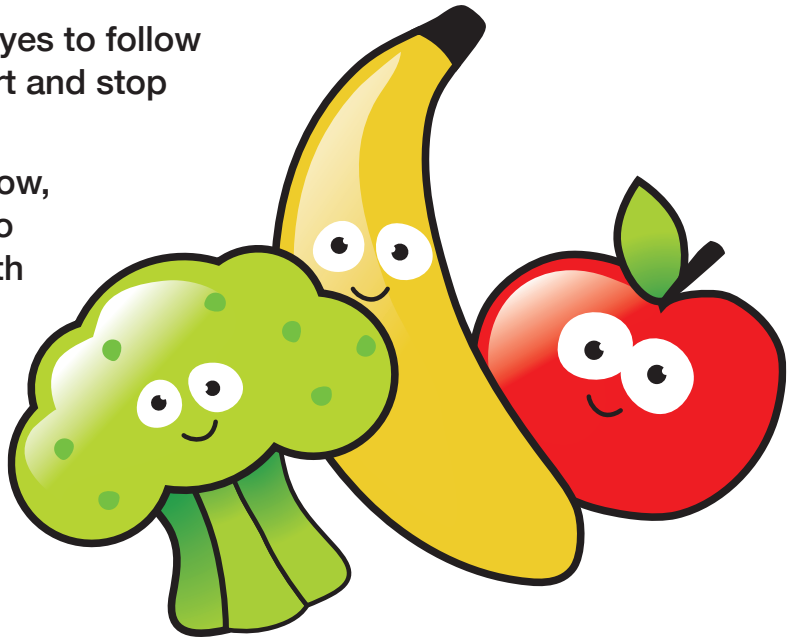
Four: Run in place and reach for the sky.

Five: Stand up tall and wave goodbye.

Repeat.

Let's Begin

- We will practice using our eyes to follow directions so we can all start and stop moving at the same time.
- I will show you a green, yellow, or red object and you will do the movement that goes with that color.



Let's Move

Use spots and visual aid cards as the cue.

Cue	Movement
Green spot	Green means, "Go!" **Run** in place.
Yellow spot	Yellow means, "Slow Down!" **March** in place with your knees up high.
Red spot	Red means, "Stop!" **Freeze**.
Green broccoli	Broccoli is green. Green means, "Go!" **Run** in place. Card 26
Yellow banana	Bananas are yellow. Yellow means, "Slow Down!" **March** in place with your knees high. Card 24
Red apple	Some apples are red. Red means, "Stop!" **Freeze**. Card 23

Extend the activity by adding different green, yellow, and red objects.

Kids in Motion CD: "The Freeze" (Track 4)
Now I am going to play the song "The Freeze." Dance on your spot and listen for when you are told to freeze.

Let's Share

- What do you do when you see a red spot? Freeze.
- Tell me the name of a green vegetable. Broccoli.

The New York Food Train

Children Will

- Practice: creative movements, hop, jump, squat, and balance.
- Increase knowledge that many foods are grown locally, throughout New York State.

Materials and Setup

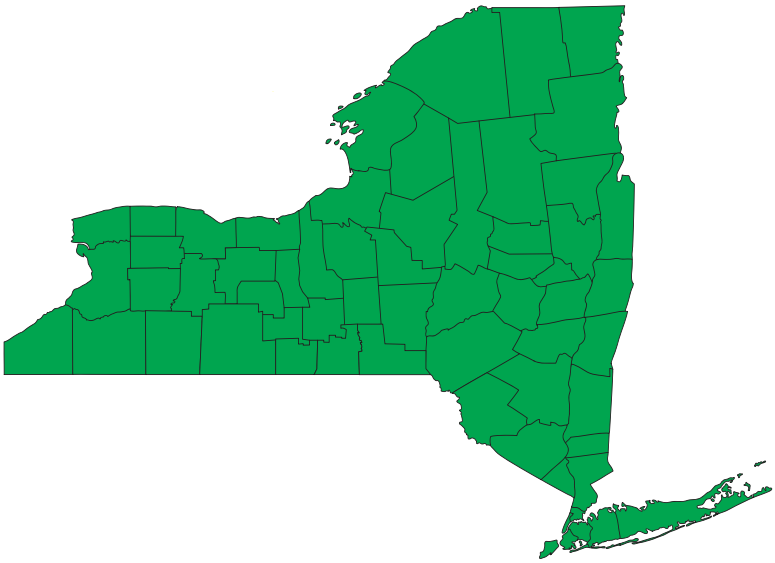
- Have each child stand on one spot.
- Children will be moving off spots and around the play area.
- Movin' & Groovin' CD: "I Like to Move it" (Track 8)
- Hop (Card 1), Jump (Card 3), Backward Balance (Card 7), Side Balance (Card 12), Side Stretch (Card 13), Squat (Card 14),

Warm Up

Train Ride

Touch your toes, stretch up high.
Circle your hips, try, try, try.
Twist your body to both sides.
We're going on a long ride.
Shake your fingers, let's go.
Move your knees fast and slow.
Wiggle your body, all's clear,
Choo, Choo! The train is here.

Repeat.



Let's Begin

- We are working on a train. Our train is traveling across New York State to find the best local foods to share at the farmers' market. We are going to load and unload the food from the train.
- When I say, "Choo, Choo" you will move like a train in different ways around the play area.
- When I say, "Train station" stop moving and listen for new directions.

Let's Move

Cue	Movement
Choo, Choo	**Move like a train** around the play area. **Walk** with your elbows close to your body and move your arms in a circle.
Train station	Freeze. **Curl your body into a ball**, like you are a small cabbage. Our train has stopped in eastern Long Island, where there are a lot of cabbage fields.
Load it up	**Bend down** and **stretch up** to put the cabbages in the train.
Choo, Choo	**Move like a train** around the play area.
Train station	Freeze. **Squat** like you are milking a cow. Our train has stopped in upstate New York. There are many dairy farms where low-fat milk and cheese are made. Card 14
Load it up	**Side stretch** and reach high as you load the low-fat cheese and milk onto the train. Switch sides. Card 13
Choo, Choo	**Jump** in place as we go over the Catskill Mountains. Card 3
Train station	Freeze. **Run** in place like you are moving through an apple orchard. There are many apple orchards in western New York.
Load it up	**Backward balance.** Try to balance as you pick the apples from the tall orchard trees and put them in the train. Switch legs. Card 7
Choo, Choo	**Hop** on one foot as the train starts to move again. We are heading back to New York City. Switch legs. Card 1
Train Station	Freeze. We are back in New York City. **Side balance** as you unload the train. We are getting ready to share our food at the local farmers' market. Switch legs. Card 12

Movin' & Groovin' CD: "I Like to Move it" (Track 8)
Now I am going to play the song "I Like to Move it." Move like a train around the play area.

Let's Share

- Show me how you backward balance while reaching for the apples.
- In what state can we find all of the food we loaded onto our train? New York State.

Management Visual Aid Card Music/Song Activity Extension

Airplanes

Children Will

- Practice: creative movements, gallop, and jump.
- Practice tempo: slow, medium, and fast.
- Practice pathways: straight and curved.

Materials and Setup

- Have each child stand on one spot.
- Children will be moving off spots and around the play area.
- Kids in Motion CD: "Kids in Motion" (Track 1)
- Gallop (Card 2), Jump (Card 3)

Warm Up

Stretch and Spin

Bend your knees and touch the ground.

Touch your toes, hands go 'round.

Stand up straight, hands on hips.

Give your neighbor a cheerful grin.

Look at me; take a spin.

Hooray! Let's begin again.

Repeat.

Let's Begin

- We are airplanes flying safely in the sky. Your spot is an airport.
- When I say, "Take off" you will safely fly off your spot and around the play area. When I say, "Land" stop where you are.
- Start your engines and make airplane noises.
- Squat down and spread your arms like airplane wings. If needed, modify by bending elbows.

Let's Move

Cue	Movement
Take off	**Walk slowly** around the play area.
Land	**Freeze** where you are.
Take off	**Walk fast**. Watch for the other airplanes.
Land	**Freeze** where you are.
Take off	**Walk low** like you are flying under a bridge.
Land	**Freeze** where you are.
Take off	**Walk high** like you are flying above the clouds.
Land	**Freeze** where you are.
Take off	**Jump in a curved line**. It is very windy. Card 3
Land	**Freeze** where you are.
Take off	**Gallop in a straight line**. Switch legs. Card 2
Land	**Freeze** where you are.
Take off	**Spin** slowly in a circle.
Go home	**Fly** back to your airport. Children go back to spot.

Kids in Motion CD: "Kids in Motion" (Track 1)
Now I am going to play the song "Kids in Motion." We are going to fly our airplanes around the play area to the beat of the music.

Let's Share

- Show me how you fly like an airplane around your spot.
- Show me how you spin in a circle on your spot.

Management Visual Aid Card Music/Song Activity Extension

Banana Sundae

Yield: 3 sundaes
Serves: 3 children

Ingredients:

1 banana

1 cup vanilla low-fat yogurt

1 cup whole grain cereal

Steps:

1. **Wash bananas.** Cut banana into 3 pieces.
2. **Peel banana, cut into slices with a plastic knife and place into a cup or bowl.**
3. **Place cereal in a plastic food storage bag and crush using a rolling pin or hands.**
4. **Spoon 1/3 cup of the yogurt and 1/3 cup cereal over the banana.**
5. **Enjoy!**

Note: You can use other fruit instead of banana including strawberries, peaches, nectarines or blueberries.

Have your child help you do the **bold steps.**

Recipe adapted from the NYSDOH CACFP EWPHCCS Curriculum

Banana Oatmeal Muffins

Yield: 10 muffins

Serves: 10 adults

Ingredients

2-3 mashed ripe bananas (1 cup)
2 tablespoons vegetable oil
1 large egg
1/4 cup low-fat milk
1 teaspoon vanilla extract
3/4 cup flour
3/4 cup quick-cooking oatmeal
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
vegetable cooking spray.

Steps

1. Preheat oven to 350 degrees.
2. Spray 10 muffin cups with cooking spray.
3. **Peel bananas and place them in a medium-size bowl.**
4. **Mash bananas with a fork.**
5. Add vegetable oil, egg, low-fat milk and vanilla to the mashed banana and mix well.
6. **Add flour, oats, sugar, baking powder, cinnamon and salt to the banana mixture.**
7. Mix quickly and lightly. Do not beat. The batter will be lumpy.
8. Spoon about ¼ cup of batter into each muffin cup.
9. Bake for 12 to 15 minutes. Insert a wooden pick in the center of a muffin. If it comes out dry, the muffin is done.
10. Run a butter knife around the outside edge of each muffin to loosen, and lift out.
11. **Enjoy.**

Have your child help you do the bold steps.

Carrot Pineapple Salad

Yield: 3 cups Serves: 6 adults

Ingredients
3 large shredded carrots (2 cups)
1/3 cup raisins
1 8-ounce can crushed pineapple in pineapple juice
3 tablespoons low-fat mayonnaise.

Steps
1. **Wash the carrots**. Shred the carrots and **place into a medium size bowl.**
2. Drain the crushed pineapple. Save the juice.
3. **Place drained pineapple into the bowl with the shredded carrots and raisins.**
4. Add 3 tablespoons of pineapple juice and the low-fat mayonnaise to the bowl, and **mix well**.
5. **Enjoy!**

Have your child help you do the bold steps.

Carrot Spice Muffins

Yield: 12 muffins

Serves: 12 adults

Ingredients

vegetable cooking spray
2 large shredded carrots (1 1/2 cups)
2 eggs
1/2 cup applesauce
2/3 cup sugar
1 teaspoon vanilla
2 tablespoons vegetable oil
1 cup flour
1 teaspoon baking soda
1/2 teaspoon salt
1 tablespoon cinnamon
1/2 cup raisins.

Steps

1. Preheat oven to 350 degrees. Coat 12 muffin cups with vegetable cooking spray or line with paper baking cups.
2. Peel and shred carrots.
3. In large bowl, combine eggs, **applesauce, sugar, vanilla and oil; mix until well blended.**
4. In small bowl, **combine flour, baking soda, salt and cinnamon.**
5. **Slowly stir the dry ingredients into the applesauce mixture until just blended.**
6. **Stir in carrots and raisins.**
7. Divide batter among muffin cups, filling each about 2/3 full.
8. Bake 25 minutes or until lightly browned.
9. Let cool 5 minutes. Remove muffins from muffin cups.
10. Cool completely and **enjoy!**

Have your child help you do the bold steps.

Adapted from Get Fresh At Your Farmers Market produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

Chick Pea Dip

Yield: 1½ cups

Serves: 6 adults

Ingredients

fresh vegetables of choice:

- broccoli
- carrots
- celery
- green beans
- green pepper
- zucchini

1 16-ounce can chick peas
1 tablespoon lemon juice
2 tablespoons low-fat mayonnaise
1/4 teaspoon garlic powder.

Steps

1. **Wash the fresh vegetables.**
2. Cut carrots and celery into 3" sticks.
3. Break broccoli into florets.
4. Arrange vegetables on serving plate.
5. **Drain chick peas in colander over bowl** and save liquid.
6. **Put chick peas, 1/3 cup liquid, lemon juice, mayonnaise and garlic powder into a blender.**
7. Blend until desired consistency is reached, slowly adding more liquid if needed.
8. Put dip into a serving bowl.
9. **Dip vegetables into dip and enjoy!**

Have your child help you do the bold steps.

Cottage Cheese Dip

Yield: 1 cup

Serves: 5 adults

Ingredients

1 cup low-fat cottage cheese
1/4 teaspoon dried dill or parsley
1/4 teaspoon onion powder
1/8 teaspoon garlic powder
1 pinch black pepper
fresh vegetables of choice:

- broccoli
- carrots
- celery
- green pepper
- green beans.

Steps

1. **Place first 5 ingredients in a blender** and mix only until smooth, about 1-2 minutes. Note: over-mixing will result in a dip that is too thin.
2. Pour the mixture into a small bowl. Cover with plastic wrap and **place into the refrigerator.**
3. While the dip is chilling, **wash the fresh vegetables.**
4. Cut the carrots, celery, green pepper and green beans into small sticks.
5. Break broccoli into florets.
6. **Dip vegetables in chilled dip and enjoy!**

Have your child help you do the bold steps.

Curry Dip

Makes 6 servings, about 2 tablespoons per serving

Ingredients:

1/3 cup tomato sauce

1/3 cup plain low-fat yogurt

1 teaspoon curry powder

¼ teaspoon ground cumin

¼ teaspoon salt

*Add a little cayenne pepper to taste if you like a little spicy taste

Preparation:

1. **Place all the ingredients in a bowl and stir until well mixed**.
2. Serve with mixed vegetables such as: celery, carrots, green beans, green and yellow squash, green and red peppers, jicama, mushrooms, or whole wheat pita bread cut into wedges.
3. E**njoy**!

Have your child help you do the **bold steps**.

Adapted from recipe courtesy of Meals Matter: http://www.mealsmatter.org/recipes-meals/recipe/7059

Fruit Salad

Yield: 4 cups

Serves: 8 adults

Ingredients

1 apple
1 orange
1 banana
1/4 pound seedless grapes
1/2 20-ounce can pineapple chunks
1/2 cup low-fat yogurt.

Steps

1. **Wash fresh fruits.**
2. **Peel and slice bananas and place in serving bowl. A child can do this with a butter knife.**
3. **Peel** and chop oranges and **place in serving bowl.**
4. Core and chop apples and **place in serving bowl.**
5. Cut grapes in half and **place in serving bowl.**
6. **Drain pineapple in strainer** (reserve juice), **and place in serving bowl. Enjoy the extra pineapple chunks later!**
7. **Pour reserved pineapple juice on apples and bananas to prevent browning.**
8. **Place yogurt in a serving bowl.**
9. **Each person should then create a salad by selecting and spooning the fruits they desired to eat into a salad bowl.**
10. **Top the fruit salad with yogurt as a salad dressing if desired.**
11. **Enjoy!**

Have your child help you do the bold steps.

Honey Mustard Dip

Makes 4 servings, 3/4 cup per serving

Ingredients:

1/4 cup of fat-free sour cream

1/4 cup of fat-free plain yogurt

2 teaspoons of honey

2 teaspoons of spicy brown mustard

Preparation:

1. **Combine yogurt, sour cream, honey and brown mustard. Mix well.**
2. Store in a covered container in the refrigerator.
3. Serve with sliced vegetables.
4. **Enjoy!**

Have your child help you do the **bold steps**.

Adapted from the Centers for Disease Control and Prevention's Trees in a Broccoli Forest recipe at http://www.fruitsandveggiesmatter.gov/downloads/kids_fv_tips.pdf

Mini Pizza

Yield: 6 mini pizzas Serves: 3 adults

Ingredients
1/4 chopped green pepper (2 tablespoons)
1/8 chopped medium onion (2 tablespoons)
4 ounces low-fat mozzarella cheese
3 whole-wheat English muffins
3/4 cup tomato sauce.

Steps
1. Preheat oven to 400 degrees.
2. **Wash the green pepper.** Remove stem and seeds, and chop into small pieces.
3. Place onion on the cutting board, and carefully cut off the ends. Cut the onion in half. **Remove the skin and discard with the ends.** Chop the onion into small pieces.
4. Shred cheese onto wax paper, and set aside.
5. **Place muffin halves on baking sheet.**
6. **Spoon 2 tablespoons tomato sauce on each muffin half.**
7. **Top with chopped peppers and onions as desired.**
8. **Sprinkle each pizza with approximately 3 tablespoons shredded cheese.**
9. Place baking sheet in the oven, and bake for 15 minutes.
10. Remove from the oven and **enjoy!**

Have your child help you do the bold steps.

Smoothies

Yield: 24 ounces Serves: 4 adults

Ingredients
1 small ripe banana
1 cup frozen fruit (blueberries, strawberries, etc.)
1 8-ounce carton low-fat yogurt (vanilla or fruited)
3/4 cup low-fat (1% or less) milk.

Steps
1. **Peel banana. Using cutting boards and butter knife, cut banana into 1-inch chunks. Place the banana chunks into the blender.**
2. Measure the frozen fruit and milk needed.
3. **Put the measured fruit, yogurt and milk into the blender with the bananas.**
4. Cover the blender, and blend on high speed for about 1 minute or until the mixture is smooth.
5. Pour smoothie into cups, and **enjoy!**

Have your child help you do the bold steps.

Strawberry Yogurt Popsicles

Makes 12 popsicles

Ingredients:

2 cups of low-fat vanilla yogurt

1 cup of chopped fresh or frozen strawberries

Preparation:

1. **Get out the following supplies: 12 3-ounce paper cups, 12 wooden sticks and a roll of tin foil.**
2. **Combine yogurt and strawberries. Mix well.**
3. **Fill cups with mixture. Cover the cups with plastic wrap or tin foil.**
4. **Insert a wooden stick through the plastic wrap or tin foil.**
5. Freeze popsicles
6. Gently tear away paper cup from frozen yogurt popsicle before eating.
7. Supervise children while eating the popsicles, and throw away the sticks after eating.
8. **Enjoy!**

Have your child help you do the **bold steps.**

Recipe adapted from the NYSDOH CACFP EWPHCCS Curriculum

Snack Mix

Makes 8 servings, 1/2 cup per serving

Ingredients:
1 cup of toasted oat cereal
1 cup of whole wheat square cereal
1 cup of reduced-fat cheese crackers
1 cup of fun-shaped mini pretzels

Preparation:
1. **Pour cereals, crackers and pretzels into a medium bowl.**
2. **Stir.**
3. **Enjoy!**

Note: You may put this snack into small plastic bags and carry when traveling.

Have your child help you do the **bold steps.**

Recipe adapted from the NYSDOH CACFP EWPHCCS Curriculum

Sweet Potato Dip

Yield: 16 1/4 cup servings

Serves: 16 children

Ingredients:

32 ounces vanilla yogurt

15 ounce can sweet potato puree

1 tablespoon pumpkin pie spice

1 tablespoon orange juice concentrate (optional)

2 tablespoons brown sugar

Steps:

1. **Mix all ingredients in a large bowl.**
2. Refrigerate for at least 3 hours.
3. Serve with apple wedges (1/2 cup of apples is the serving size for preschool children)
4. **Enjoy!**

Have children help you do the **bold steps**.

Tangy Yogurt Dip

Yield: 2½ cups

Serves: 10 adults

Ingredients:

fresh vegetables of choice:
- carrots
- celery
- zucchini
- green pepper
- green beans
- broccoli

2 1/2 cups plain low-fat yogurt
2 1/2 teaspoons minced dried onion
1 tablespoon minced parsley
1/4 teaspoon garlic powder
1 teaspoon dill weed

Steps:

1. ***Wash the fresh vegetables.***
2. Cut carrots, celery, zucchini, green pepper and green beans into 3" sticks.
3. Break broccoli into florets.
4. Measure the last 5 ingredients, and ***place them into the mixing bowl.***
5. ***Mix thoroughly.*** Cover bowl with plastic wrap, ***and place into the refrigerator.***
6. ***Dip vegetables into chilled dip, and enjoy!***

Have your child help you do the bold italic steps.

Adapted from: www.mealsmatter.org

Tuna Salad in Pita Pockets

Yield: 1 cup tuna salad Serves: 2 adults

Ingredients
4 lettuce leaves
1/2 stalk chopped celery (2 tablespoons)
1 tomato
1/8 medium chopped onion (2 tablespoons)
1 6½-ounce can water-packed tuna
2 tablespoons low-fat mayonnaise
dash of black pepper
2 whole-wheat pita bread rounds.

Steps
1. **Wash and drain lettuce. Wash celery and tomato.**
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Chop celery, and slice the tomato.
4. **Mix tuna, mayo, chopped celery and onion.**
5. **Add a dash of black pepper to taste and mix well.**
6. Cut pita bread in half crosswise.
7. **Line pita pockets with lettuce and sliced tomato.**
8. **Spoon tuna mixture into lined pita bread pocket.**
9. **Enjoy!**

Have your child help you do the bold steps.

Kitchen Staff Resources

Tips to Reduce Salt in Meals and Snacks

Simple Changes to Lower Fat in Meals and Snacks

How to Identify and Avoid Trans Fat

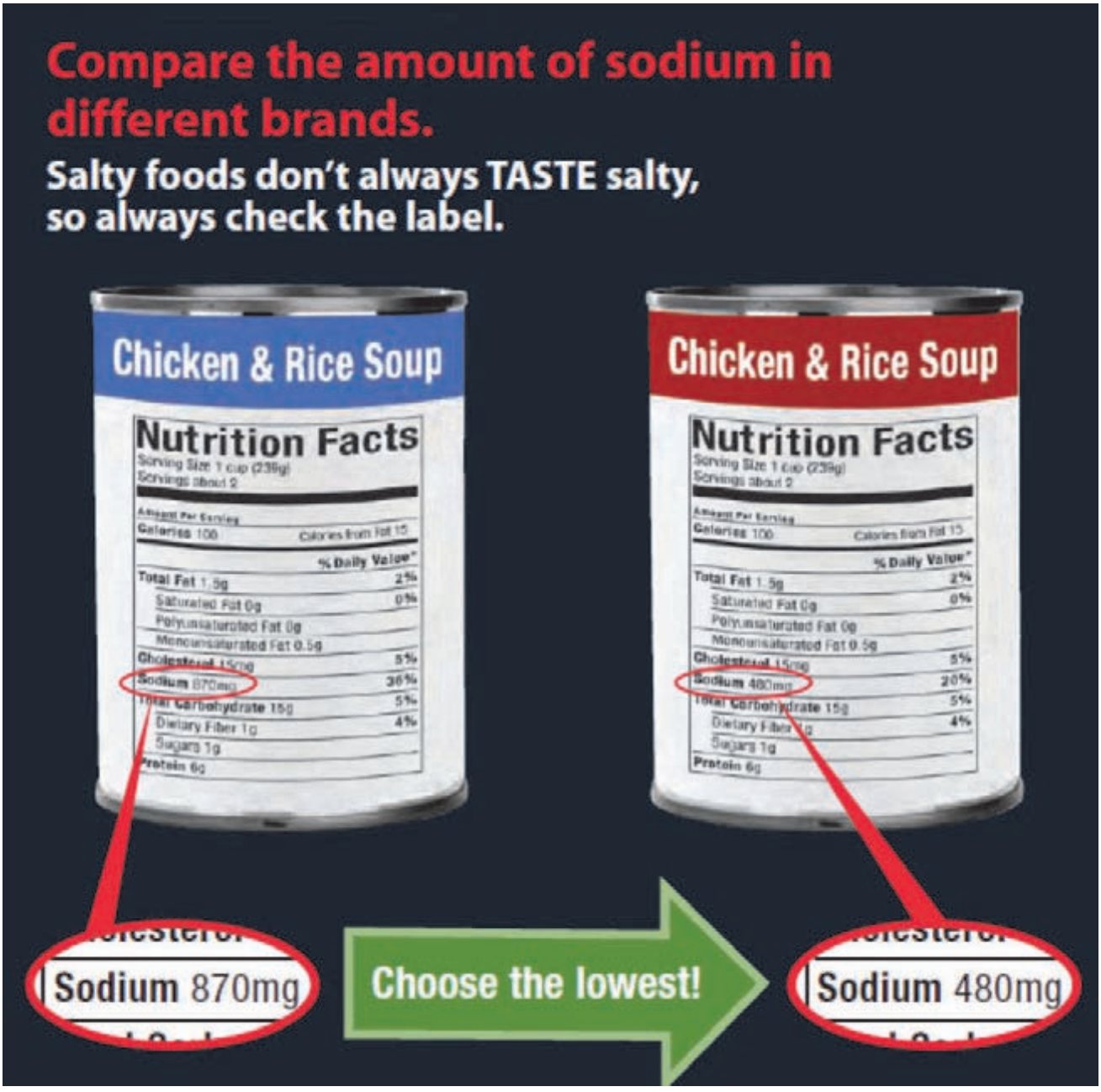
Tips to Increase Fiber in Meals and Snacks

Use the Nutrition Facts Label to Meet the New York City Food Standards

Kitchen Recipes

Tips to Reduce Salt in Meals and Snacks

- Use fresh or frozen vegetables when possible.
- Avoid highly processed meats, such as chicken nuggets, hot dogs, and luncheon meat because they tend to be high in sodium.
- Use herbs, lemon and lime juice, and chopped vegetables to add flavor to foods. Sauces, such as soy sauce, barbecue sauce and ketchup, can add too much salt.
- Work with your vendor to order low-sodium products when available.



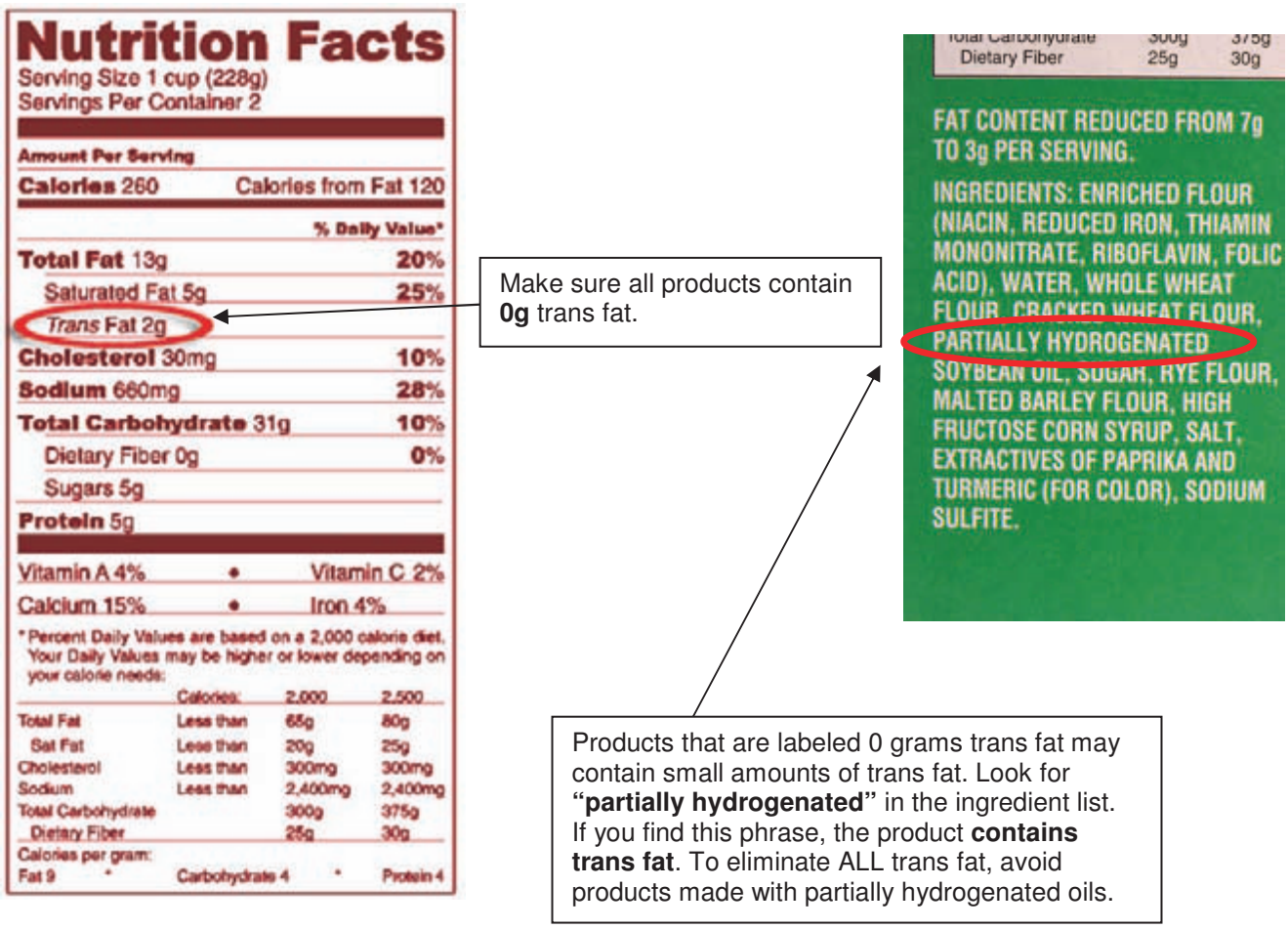
Simple Changes to Lower Fat in Meals and Snacks

The types of foods you choose and the way they are prepared can greatly influence how much fat and saturated fat is served. Use the chart below for ideas to lower the fat in the meals and snacks you serve.

Instead of this…	Choose this…
Meat-based entrée (e.g. beef burrito)	Vegetarian entrée (e.g. black bean burrito)
High-fat meats (e.g. sausage, hot dogs, ribs, bologna)	Lean meats (e.g. chicken, turkey, fish)
Regular ground beef	Extra-lean ground beef
Chicken served with skin	Chicken served without skin
Preparing vegetables with butter	Steam or sauté vegetables in olive oil
Creamy sauces	Tomato sauce or salsa to top foods
Creamy salad dressings (e.g. ranch dressing or thousand island)	Vinaigrette dressings
Breakfast pastries, such as cinnamon rolls, biscuits, croissants and Danishes	Whole wheat pancakes or mini bagels
Breakfast meats (e.g. sausage, bacon)	Egg dish (e.g. vegetable frittata, omelet)
Butter or cream cheese spread for toast or bagels	Jelly and/or peanut butter spread for toast or bagels
Pastries, cookies, and cakes	Fruit and yogurt parfait with low-fat granola
Cookies and milk	Whole grain cereal and low-fat milk

How to Identify and Avoid Trans Fat

- Choose products that have 0g trans fat per serving.
- Check the Nutrition Facts label and ingredients list for trans fat:



Some foods that may contain trans fat:

⇒ Margarine and vegetable shortening

⇒ Doughnuts, cakes, pastries, and cookies

⇒ Pizza dough, biscuits, and some breads and rolls (e.g. hamburger buns)

⇒ Crackers, chips, and microwave popcorn

⇒ Packaged French fries or other similar products

⇒ Cake and pancake mixes

Tips to Increase Fiber in Meals and Snacks

- Include more fresh and frozen fruits when planning menus. Serve whole fruit instead of juice.
- Add vegetables to main dishes to increase the fiber in the meal. Try adding chopped vegetables to casseroles, stir fries, tuna/chicken salad and pasta sauce.
- Serve whole wheat bread and incorporate other whole grain foods into meals and snacks.

How to choose whole grain bread:

Don't be fooled by the color of your bread; a brown tint does not always mean whole grain.

Look for bread that lists a whole grain as the first ingredient.

Ingredients:

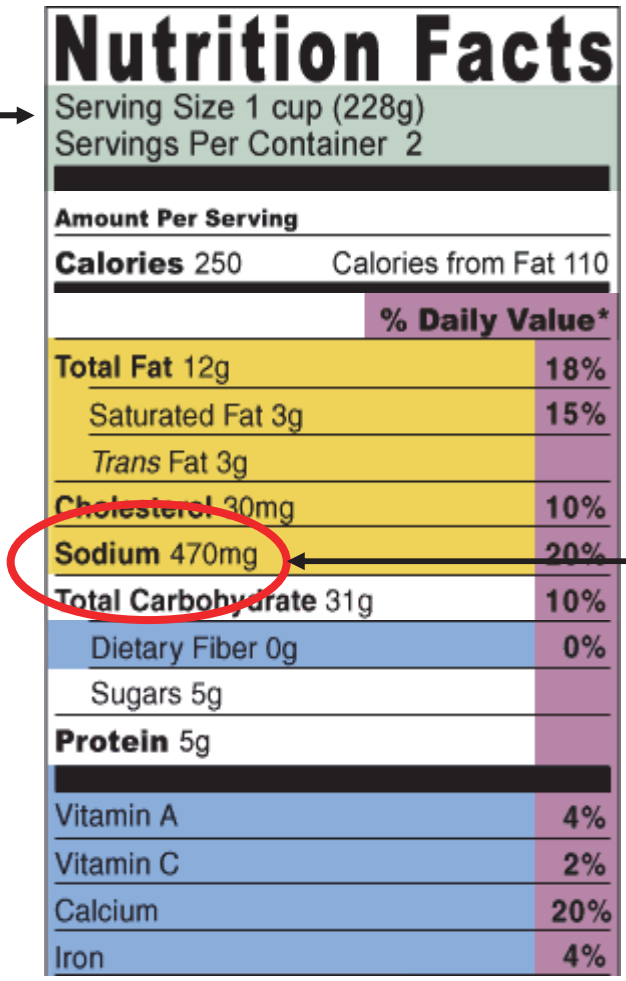
Whole Wheat Flour, water, olive oil, salt, yeast

Look at the ingredients list:

High Fiber Foods		
Whole Grains	**Fruits and Vegetables**	**Meat/Meat Alternative**
Brown rice	Apple	Bean salad, mixed
Oatmeal	Banana	Black beans
Popcorn, air-popped	Broccoli	Black-eyed peas
Raisin bran/bran flakes	Brussels sprouts	Chickpeas
Rye bread	Cauliflower	Great northern beans
Shredded wheat	Collard greens	Kidney beans
Toasted oats	Mango	Lentils
Wheat flakes	Mixed vegetables	Nuts
Whole wheat bread	Orange	Split peas
Whole wheat pasta	Pear	Sunflower seeds
Whole wheat roll	Peas	
	Potato, with skin	
	Prunes	
	Spinach	
	Squash	
	Sweet potato, with skin	

Use the Nutrition Facts Label to Meet the New York City Food Standards

All values on the label are based on the serving size listed at the top. For example, if you only serve ½ cup, it will provide 125 calories.



Use individual values from the label, like sodium, to determine if the item meets the NYC Food Standards.

Use the Nutrition Facts label to:

- Check the total fat and saturated fat and choose items lower in fat and saturated fat.
- Check trans fat to ensure the label reads “0 grams”.
- Check the sodium amount in different brands and choose the lowest sodium option.
- Check to make sure that the product’s sodium content meets the New York City Food Standards. For example, use this to ensure your canned vegetables and beans meet the sodium requirement.
- Check the sugar content to determine if an item meets the New York City Food Standards. For example, use this to ensure your cereal meets the sugar requirement.
- Check the dietary fiber to determine if an item meets the New York City Food Standards. For example, use this to ensure your bread meets the fiber requirement.

Kitchen Recipe: Beef-Vegetable Stew

Yield: 25 servings (1 cup provides 2 oz. cooked lean meat and ½ cup vegetable)

Ingredients:

5 lb. 2 oz. raw beef stew meat practically free of fat, cut into 1" cubes
¼ cup vegetable oil
1 ⅓ cups onions, chopped
1 ¼ cups plus 2 tbsp. enriched all-purpose flour
2 ¼ tsp. granulated garlic
1 ½ tsp. paprika
¾ tsp. ground black or white pepper
½ tsp. dried thyme
3 qt. water or low sodium beef stock, non-MSG
1 qt. 1 cup canned/frozen sliced carrots
3 cups canned/frozen small whole potatoes
1 qt. ½ cup canned/frozen green peas

Directions:

1. Brown beef cubes in oil. Drain.
2. Add onions, flour, granulated garlic, paprika, pepper, and thyme.
3. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1½ hours, or until meat is tender.
4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15-30 minutes.
5. Pour into serving pans.
6. Hold for hot service at 135° F or higher.

Nutrients per serving:

Calories	218	Total Fat	7.80 g	Saturated Fat	2.38 g
Sodium	270 mg	Dietary Fiber	2.9 g	Cholesterol	49 mg
Protein	19.8 g	Vitamin A	5767 IU	Iron	3.06 mg
Carbohydrate	16.48 g	Vitamin C	5.9 mg	Calcium	28 mg

Adapted from USDA Recipes for Childcare: http://teamnutrition.usda.gov/Resources/childcare_recipes.html

Kitchen Recipe: Oven-Baked Fish

Yield: 25 servings (1 piece provides 1 ½ oz. of cooked fish)

Ingredients:

¾ cup enriched dry bread crumbs

1½ tsp. salt

½ tsp. ground black or white pepper

3 lb. 7 oz. fresh or frozen fish fillet, thawed (at least 2.2 oz. each)

⅓ cup low-fat plain yogurt

Directions:

1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
2. Pat fish portions dry with paper towels. In a separate bowl, coat fish with yogurt.
3. Roll fish portions in bread crumbs to coat.
4. Place 12-13 pieces of fish in a single layer on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray.
5. Bake until fish flakes easily with a fork:
   - Conventional oven: 500° F for 17 minutes
   - Convection oven: 450° F for 15 minutes
6. Hold for hot service at 135°F or higher.

Nutrients per serving:

Calories	72	Total Fat	0.86 g	Saturated Fat	0.16 g
Sodium	230 mg	Dietary Fiber	0.1 g	Cholesterol	40 mg
Protein	11.76 g	Vitamin A	20 IU	Iron	0.55 mg
Carbohydrate	3.56 g	Vitamin C	0 mg	Calcium	51 mg

Adapted from USDA Recipes for Childcare: http://teamnutrition.usda.gov/Resources/childcare_recipes.html

Appendix

New York City Food Standards

New York City Food Standards
Part I: Standards for Meals/Snacks Purchased and Served
Revised October 2011

This document outlines standards for food purchased and meals and snacks served, with the goal of improving the health of all New Yorkers served by City agencies. The New York City Food Standards aim to reduce the prevalence of chronic disease, such as obesity, diabetes and cardiovascular disease, by improving dietary intake.

The standards have been developed based upon agency feedback, review, and agreement. They do not apply to food available in vending machines,[1] or at concessions that provide food *for sale* through leases, licenses or contracts at City programs.

Agencies and their contractors are expected to follow the standards described in each of the four sections:

I. Standards for Purchased Food
Addresses food items purchased and gives specific standards by food category.

II. Standards for Meals and Snacks Served
Addresses the overall nutrient requirements for meals served and gives standards for snacks and special occasions.

III. Agency and Population-Specific Standards and Exceptions
Addresses standards for specific populations (e.g. children, seniors) and agencies. The additions and exceptions in the third section supersede the first two sections. For example, children under 2 years may be served whole milk, instead of 1% or nonfat milk required in the first section.

IV. Sustainability Recommendations
Addresses recommendations to support a healthy and ecologically sustainable food system.

The first two sections overlap: all purchased food items must meet the standards in Section I *and* must fit in to meals and snacks served such that the nutrient requirements in Section II are met. The purchased food standards ensure that agencies make healthier foods a regular part of people's diets and ensure that people who only eat a few items of each meal are still eating healthy options. The meal and snack standards ensure that people eating whole meals and snacks have a healthy, balanced diet.

All food purchased or served by a City agency must meet the **required** standards that appear in bold. Agencies are expected to be in compliance with the revised standards by October 31, 2012. Agency contractors are also required to comply with these Standards. This includes foodservice contractors, such as caterers, and programmatic contractors, that serve food within the context of the program.

The New York City Food Standards were made effective by Executive Order 122 from Mayor Bloomberg on September 19, 2008.[2] The Executive Order mandates that all City agencies follow the Standards for all foods that are purchased, prepared, and/or served by the agency, and/or agency contractors.

For more information, please contact: nycfoodstandards@health.nyc.gov

[1] Please see NYC standards for vending machines: www.nyc.gov/html/doh/html/cardio/cardio-vend-nutrition-standard.shtml
[2] View the Executive Order at: www.nyc.gov/html/ceo/downloads/pdf/eo_122.pdf

I. Standards for Purchased Food

These standards are defined per serving of food as shown on the product's Nutrition Facts label.[3]

Nutrient Standards:

- Trans fat:
  - **Require** restriction consistent with DOHMH, City regulation and law.[4]
- Sodium:
  - **Require** all individual items contain ≤ 480 mg sodium per serving,[5] not including specific items stated in the Food Category Standards below. Recommend purchasing "low sodium" (≤ 140 mg sodium per serving) whenever feasible.

Food Category Standards:

- Beverages:
  - **Require** ≤ 25 calories per 8 oz for all beverages other than 100% fruit juice or milk.[6]
  - If purchasing juice, **require** 100% fruit juice.
- Dairy:
  - **Require** milk be 1% or non-fat, and unsweetened.[7,8]
  - **Require** fluid milk substitutes (e.g. soymilk) be unflavored.[7]
  - **Require** low-fat or non-fat yogurt.
  - Recommend purchase plain yogurt or yogurt with ≤ 30 g sugar per 8 oz or equivalent (e.g. ≤ 15 g sugar per 4 oz, ≤ 23 g sugar per 6 oz).
  - Recommend choose lower sodium cheese.
- Bread, pasta, and other grains:
  - **Require** sliced sandwich bread contain ≤ 180 mg sodium per serving, be whole wheat/whole grain and contain ≥ 2 g fiber per serving.
  - **Require** other baked goods (e.g. dinner rolls, muffins, bagels, tortillas) contain ≤ 290 mg sodium per serving.
  - Recommend purchase whole grain pasta, whole grain baked goods (dinner rolls, muffins, bagels, tortillas), brown rice, etc.
- Cereal:
  - **Require** cereal contain ≤ 215 mg sodium per serving, ≤ 10 g sugar per serving, and ≥ 2 g fiber per serving.[9,10]
- Fruits and vegetables:
  - **Require** canned/frozen vegetables and beans contain ≤ 290 mg sodium per serving.
  - **Require** fruit canned in unsweetened juice or water. No fruit canned in syrup.
- Tuna, salmon and other seafood:
  - **Require** canned/frozen seafood contain ≤ 290 mg sodium per serving.
- Poultry:
  - **Require** canned/frozen poultry contain ≤ 290 mg sodium per serving.

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[3] Serving size is based on FDA-established lists of "Reference Amounts Customarily Consumed Per Eating Occasion".
[4] For more information: www.nyc.gov/html/doh/downloads/pdf/public/notice-adoption-hc-art81-08.pdf
[5] For agencies serving populations with a majority of the population over 50 years old, **require** all individual items contain ≤ 360 mg sodium per serving.
[6] For agencies serving a majority of children under 18 years, **require** beverages with no artificial sweeteners.
[7] For children ages 4-18 years, flavored milk and flavored fluid milk substitutes are permitted and **required** to be ≤ 130 calories per serving. Recommend that agencies continue to phase out flavored milk and flavored fluid milk substitutes over time. As per Article 47 of the New York City Health Code, child care facilities may not serve milk with added sweeteners.
[8] For children ages 12 months to under age two, **require** unsweetened whole milk.
[9] For child care facilities, **require** cereal contain ≤ 6 g sugar per serving in addition to sodium and fiber standards.
[10] Cereals that contain dried cranberries, dates, and/or raisins are exempt from the sugar standard due to the limited availability of this product type that meets the sugar standard. Cereals must still meet fiber and sodium standards. Recommend phasing out these high sugar cereals over time.

- Beef and pork:
  - **Require** canned beef/pork contain ≤ 480 mg sodium per serving.
  - Recommend purchase "extra lean" beef and pork (total fat ≤ 5%) and at least 90% lean ground beef.
  - Recommend bacon contain ≤ 290 mg sodium per serving.
- Luncheon meat:
  - **Require** luncheon meat contain ≤ 480 mg sodium per serving.
- Condiments and sauces:
  - **Require** salad dressings contain ≤ 290 mg sodium per serving.
  - **Require** sauces contain ≤ 480 mg sodium per serving.[11]
  - Recommend use lower sodium condiments and sauces such as reduced sodium soy sauce.
- Portion controlled items and other convenience foods:
  - **Require** portion controlled items and other convenience foods such as breaded chicken, veal patties, frozen French toast and waffles contain ≤ 480 mg sodium per serving.
- Frozen whole meals:
  - **Require** frozen whole meals contain ≤ 35% of the daily sodium limit (adults: ≤ 805 mg, children: ≤ 770 mg, seniors ≤ 525 mg).

Note regarding **sodium standards** for purchased food:
In some instances successful sodium reduction requires gradual change to maintain product taste and quality. If an agency is purchasing non-compliant products that are essential to menu planning and that agency has demonstrated efforts to reduce the sodium in those products, the agency may continue to purchase those products with the deadline of reaching the sodium standards by October 31, 2012.

Note regarding **revised standards** for purchased food:
Agencies are expected to be in compliance with the revised standards by October 31, 2012. Technical challenges related to reformulation at the manufacturer's level may require a longer timeframe for compliance with the new requirements. In October 2012, agencies that are unable to meet the new standards will submit a list of items out of compliance, steps taken to achieve compliance, and expected timeline for full compliance to the Food Policy Coordinator and Health Commissioner.

Note regarding populations with religious or special dietary food needs:
If an agency cannot meet required purchased food standards due to a present lack of availability of food items that meet the specific needs of the population they serve (e.g. packaged kosher foods), the agency is expected to seek suitable replacements in the marketplace as quickly as is feasible. The agency must identify and report these products to the Food Policy Coordinator and the Health Commissioner.

[11] Soy sauce is exempt due to lack of market availability for products that meet this standard. Recommend use reduced sodium soy sauce.

II. Standards for Meals and Snacks Served

All City agencies must have a plan for regular menu review to ensure that they meet the nutrient content standards. Outlined in this section are standards for Nutrition, Meals Served, and Snacks Served.

A. Nutrition Standards

These standards are based on the USDA's *2010 Dietary Guidelines for Americans*.[12] Standards in chart are requirements for adult populations; see page 8 for children's standards.

Require the following daily nutrient standards:	
Nutrient	**Adult**
Calories	2,000 calories[13,14]
Sodium*	< 2,300 mg[15]
Sodium (> 50 years)	≤ 1,500 mg
Total Fat	≤ 30% of total calories
Saturated Fat	< 10% of total calories
Fiber	≥ 28 grams[16]
Recommend the following daily nutrient standards:	
Protein	10-35% of total calories
Carbohydrate	45-65% of total calories
Cholesterol*	< 300 mg
Potassium	4,700 mg
Calcium	1,000 mg
Iron	> 8 mg (18 mg F; 8 mg M)

** Daily limit, regardless of total calorie intake*

For agencies serving only one or two meals per day:

- **Require** each meal served meets appropriate range of calories, sodium and fiber: 25-30% for breakfast; 30-35% for lunch; 30-35% for dinner.[17]

Note regarding Nutrition Standards featured in the table above:
Although encouraged to follow the Nutrition Standards, contracted agency programs or sites that meet ALL four of the following requirements can be approved for exemption:

- Meals are prepared on site or by another similar program (e.g. a daycare center that prepares food for another facility); and
- Program does not have access to a City agency-employed nutritionist for regular menu review; and
- Program site regularly serves less than 200 people per meal; and
- Program is not part of a larger contract for food purchasing coordinated by a City agency.

[12] Available at: www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm
[13] **Require** calories are no more than 10% above or below the standard.
[14] Agencies serving the adult correctional population, **require** calories be kept to less than 2,200 calories for women and 2,800 calories for men. Agencies serving the youth detention population, **require** calories be kept to less than 2500 calories for males.
[15] **Require** agencies serving populations with a majority of children 6-18 years of age limit sodium to ≤ 2,200 mg per day. **Require** agencies serving populations with a majority of children 1-5 years of age limit sodium to ≤ 1700 mg per day. **Require** breakfast contain no more than 425 mg sodium; snacks contain no more than 170 mg sodium; lunch contain no more than 600 mg sodium; and dinner contain no more than 600 mg sodium.
[16] For agencies serving populations with a majority of children 4-18 years old, **require** fiber be ≥ 25 grams per day. For agencies serving children 1-4 years old, **require** fiber be ≥ 19 grams per day.
[17] The Department of Education, which has federal standards for minimum amount of calories served, may serve up to 785 calories for lunch, for grades 7-12 (in line with National School Lunch Program).

Exempt programs should strive to meet these Nutrition Standards through thoughtful menu planning. Should exemption be granted, programs must still comply with ALL other requirements of the NYC Food Standards.

Note regarding sodium and fiber meal standards:
If an agency does not meet the required nutrition standard for sodium or fiber, it is expected to meet the standard as quickly as is feasible with the deadline of reaching the standards by October 31, 2012.

B. Meal Standards

- Fruits and vegetables:
  - **Require** minimum of two servings of fruits and vegetables per meal for lunch and dinner.
  - **Require** minimum of five servings of fruits and vegetables a day for agencies serving breakfast, lunch, and dinner.
  - For programs serving meals 5 days per week or less, **require** at least 3 servings of non-starchy vegetables weekly per lunch and per dinner.[18,19]
  - For programs serving meals more than 5 days per week, **require** at least 5 servings of non-starchy vegetables weekly per lunch and per dinner.[19]
  - Recommend serve fresh or frozen fruits and vegetables instead of canned.

- Beverages:
  - Water:
    - **Require** water be available at all meals (this can be in addition to or in place of other beverages regularly served). Tap water should be used if possible.
  - Fruit juice:
    - **Require** 100% fruit juice and portion size limited to ≤ 6 oz per serving.
    - **Require**, if provide meals, serve juice no more than one time per day.
    - **Require**, if provide snacks only, serve juice no more than 2 times per week.

- Food preparation and service:
  - **Require** no use of deep fryers;[20] no deep frying.
  - Recommend, to help ensure healthy portion sizes, establishment of program-specific guidelines for serving containers (e.g. size of food plates and beverage cups).

[18] Standard does not apply to programs serving one or two meals per week.
[19] Starchy vegetables include white potatoes, corn, green peas, and lima beans.
[20] Require that all new or renovated kitchens be built without deep fryers.

C. Snack Standards

Snacks should add important nutrients to the overall diet and help curb hunger.

These snack standards are in compliance with the snack pattern requirements of the USDA's Child & Adult Care Food Program (CACFP) and are eligible for reimbursement with the exception of low calorie beverage choices for sites serving adults.

Overall Guidelines

- **Require** all items have 0 g trans fat.
- Recommend foods served be on the list of acceptable choices below or provide equivalent nutrient value (for example: melon slices substituted for a banana for the fruit category).
- Recommend water is available at all snack times.

Food Category 1: Dairy beverages

- **Require** milk be 1% or non-fat and unsweetened.[21,22]

Food Category 2: Fruit or vegetable

- **Require** juice be 100% fruit juice and portion size limited to ≤ 6 oz per serving.
- **Require,** if provide snacks only, serve juice no more than 2 times per week.
- Examples of acceptable choices: carrot sticks, celery sticks, pepper slices, salads, apples, bananas, pears, oranges, dried fruit, applesauce with no sugar added, and canned fruit in unsweetened juice or water.

Food Category 3: Bread or grain

- **Require** sodium ≤ 180 mg per serving for sliced sandwich bread.
- **Require** sodium ≤ 200 mg per serving for all crackers, chips, and salty snacks.
- **Require** sugar ≤ 10 g per serving.
- **Require** fiber ≥ 2 g per serving.
- Recommend all items served be whole grain.
- Examples of acceptable choices: whole wheat pita triangles, whole grain cereal, whole grain crackers, whole grain bread, rice cakes, popcorn.
- Examples of non-appropriate items: doughnuts, pastries, croissants, cake, etc.

Food Category 4: Protein[23]

- Examples of acceptable choices: hummus, bean dip, cottage cheese, low-fat cheese, hard boiled eggs, low-fat or non-fat yogurt, low-sodium tuna, nuts, nut butters, sunflower seeds, turkey slices.

Examples of acceptable snack choices, all served with water:

- Peanut butter, whole grain crackers and apple slices
- A peach and whole grain crackers
- Half of a tuna sandwich: tuna on whole wheat bread with lettuce and tomato
- Turkey served with whole wheat pita triangles and carrot sticks
- Milk and whole grain cereal, with fresh berries
- Mixed nuts and a banana
- Yogurt topped with blueberries and low-fat granola
- Hummus with pita and sliced red peppers

[21] For children ages 12 months to under age two, **require** unsweetened whole milk.
[22] For children ages 4-18 years flavored milk and flavored fluid milk substitutes are permitted and **required** to be ≤ 130 calories per serving. Recommend that agencies continue to phase out flavored milk and flavored fluid milk substitutes over time. As per Article 47 of the New York City Health Code, childcare facilities may not serve milk with added sweeteners.
[23] For CACFP programs, this category is referred to as 'meat or meat alternative'.

Additional Snack Standards:

- **Require** ≤ 25 calories per 8 oz for beverages other than 100% juice or milk at sites serving adults.

D. Special Occasion Standards for Meals and Snacks

Special occasion standards apply to trips, parties for major holidays and special events. This also includes food purchased from vendors not routinely used by the agency for normal food service.

- **Require** healthy options be served, such as fresh fruit, leafy green salad, and/or vegetable slices.
- **Require** water be served at all special occasion events.
- Recommend adopting a policy for special occasion meals and snacks.
- Recommend special occasion meals and snacks generally be limited (for example, once a month).
- Recommend, if serving sweets/desserts, offer in moderation and in appropriate portions.
- Recommend adherence to beverage standards.
- Recommend eliminating all foods that meet the USDA definition of Foods of Minimal Nutritional Value (FMNV).[24] Examples of FMNV include chewing gum, candy and water ices.

[24] Definition available at: www.fns.usda.gov/cnd/menu/fmnv.htm

III. Agency and Population-Specific Standards and Exceptions

Agencies which serve meals to populations with special nutritional needs (e.g. children, seniors) have specific nutrition requirements.

Children

Standards for Purchased Food:

When milk is provided, children ages two and older shall only be served milk with 1% or less milk-fat unless milk with a higher fat content is medically required for an individual child, as documented by the child's medical provider. When milk is provided, children ages 12 months to under age 2 should be served whole milk.

For children ages 4-18 years, flavored milk and flavored fluid milk substitutes are permitted and **required** to be ≤ 130 calories per serving. Recommend that agencies continue to phase out flavored milk over time. As per Article 47 of the New York City Health Code, child care facilities may not serve milk with added sweeteners.

For child care facilities, **require** cereal contain ≤ 6 g sugar per serving in addition to sodium and fiber standards.

Nutrition Standards:[25]

Recommend agencies serving populations with a majority of participants under 19 years of age follow the Institute of Medicine, Food and Nutrition Board's Dietary Reference Intakes (DRI)[26] for appropriate age groups.

Require agencies serving populations with a majority of children 6-18 years of age limit sodium to ≤ 2,200 mg per day.

Require agencies serving populations with a majority of children 1-5 years of age limit sodium to ≤ 1700 mg per day. **Require** breakfast contain no more than 425 mg sodium; snacks contain no more than 170 mg sodium; lunch contain no more than 600 mg sodium; and dinner contain no more than 600 mg sodium.

For agencies serving a majority of children age 4-18 years of age, **require** fiber be ≥ 25 grams per day. For agencies serving a majority of children 1-4 years old, **require** fiber be ≥ 19 grams per day.

Seniors

Recommend agencies follow the Institute of Medicine, Food and Nutrition Board's Dietary Reference Intakes (DRI)[26] for appropriate age groups.

Require agencies serving populations with a majority of the population 50 years of age and older limit sodium to ≤ 1,500 mg per day.

Require individual items contain ≤ 360 mg sodium per serving.

[25] Please see page 4 for programs that are exempt from this standard.
[26] Institute of Medicine, Food and Nutrition Board's Dietary Reference Intakes (DRI): http://iom.edu/Reports/2006/Dietary-Reference-Intakes-Essential-Guide-Nutrient-Requirements.aspx

Correctional Population

Agencies serving the correctional population have a majority of young, moderately active women and men who may require a higher than average caloric intake. For all meals and snacks served per day, **require** that calories be kept to less than 2,200 calories for women and 2,800 calories for men.

Youth Detention Facilities

Agencies serving the youth detention population have a majority of young, moderately active boys who may require a higher than average caloric intake. For all meals and snacks served per day, **require** that calories be kept to less than 2,500 calories for males.

Single Resident Occupancy and Self-Sustained Shelters

Programs that allow clients to purchase and prepare their own meals are not required to comply with these standards.

Child Care Services Providers

Home-based child care providers are not required to comply with these standards.

Patients Under Therapeutic Care

Nutrition requirements consistent with established medical guidelines and diets for patients under therapeutic care replace general nutrition criteria described here. The Patient Bill of Rights allows patients under therapeutic care to request specific food items. These items are considered part of the therapeutic diet and do not need to meet the nutrition criteria.

Emergency Food

Agencies that purchase food to be distributed by a third party to emergency food providers, such as soup kitchens and food pantries, are **required** to follow the guidelines outlined in Section I.

Federal Commodity Food Program

Food provided by the federal government to agencies or agency programs is not required to meet the standards outlined in Section I. However, agencies/programs accepting these foods are **required** to meet the nutrition standards outlined in Section II. Agencies/programs are expected to provide documentation upon request to verify which products were obtained through the commodity food program.

Donated Foods

Foods that are donated or provided at no cost to a program are not required to meet the standards outlined in Section I. However, agencies accepting these foods are **required** to meet the nutrition standards outlined in Section II. Programs are not permitted to accept donations of candy or sugar-sweetened beverages for use in meal or snack service.

Food for Disaster Response

Food purchased by agencies to serve solely for a disaster or crisis response are not restricted by the nutrition criteria included here, recognizing such stocks intentionally include nutrient dense food products.

IV. Sustainability Recommendations

The Standards for Meals/Snacks Purchased and Served focus on promoting a healthy eating pattern as part of a city-wide strategy to reduce the prevalence of chronic disease, such as obesity, diabetes, and heart disease, among New Yorkers. New York City also recognizes the importance of promoting a healthy and ecologically sustainable[27] food system that conserves natural resources and supports long term public health goals.

Agencies are encouraged to consider, when practicable and cost effective, sustainability criteria for the food they procure and serve. While New York City does not endorse any single criteria for sustainability, a number of food characteristics are associated with supporting the conservation of natural resources that are needed to sustain our food supply over the long term. For example, preferred products may include: (i) fruits and vegetables that are local, seasonal, or are grown by producers using low or no pesticides or an integrated pest management system, (ii) dairy products that are local or (iii) seafood that is sustainably raised or harvested.[28] Agencies may also request, but not mandate, that their vendors offer fruit, vegetables, dairy products and seafood that is locally grown or produced. Agencies are also encouraged to educate their customers about these local and/or sustainably produced foods through labeling or other mechanisms.

These suggestions will continue to be evaluated and updated based on the latest scientific research on nutrition, the relationship between human health and food production methods, and the sustainability of the food system.

[27] The federal statutory definition of sustainable agriculture (7 USC 3103) is a guide to the elements to look for in a sustainability program. New York City does not endorse any particular labeling or documentation system or program over another, and recognizes that many agricultural producers practice sustainable agriculture without their products being labeled as such.

[28] For example, seafood that is identified as a “best choice” or “good alternative” on the Monterey Bay Aquarium Seafood Watch list, or similarly certified by other equivalent program.

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