

# FIRST 5 YOLO

## Nutritious Food Guidelines

Draft- 8/23/12

### **PURPOSE:**

To establish standards and guidelines consistent with U.S. Dietary Guidelines for healthy choices of food and beverages provided at First 5 Yolo funded events.

### **POLICY:**

Healthy food and beverage options and portions, in standard serving sizes, may be offered at all First 5 Yolo funded meetings, presentations, seminars and other funded events.

First 5 Yolo strives to create the conditions in which people can be healthy. Its strongest message is often the behavior modeled to the agencies and individuals served. Current public concerns such as obesity, diabetes, cardiovascular disease, certain cancers, and other chronic diseases affecting communities are directly affected by nutrition and physical activity practices. First 5 Yolo and its partner agencies have an opportunity to create healthier environments and convey healthy messages by introducing appropriate nutritional options at First 5 funded events for which food and/or beverages are provided.

This policy is in alignment with existing law (AB 2084) regarding the provision of healthy beverages in child care settings.

### **Guidelines:**

#### 1. General Principles

- Foods and beverages purchased with First 5 Yolo funds that are offered at meals and breaks should provide variety and nutritional benefit.
- Foods and beverages that have reduced levels of fat, saturated fat, cholesterol, sodium or sugar, and high levels of dietary fiber are preferred.
- Sugar sweetened beverages (soda, energy drinks, punch, etc.) should be avoided and not served at First 5 Yolo funded events.
- Due to increased peanut allergies among young children, grantees should avoid serving peanuts and peanut based products at events targeting children 0-5 years.

#### 2. Suggestions for Beverages for Adults

- Water
- 100 percent fruit or vegetable juices - avoid large-size bottles
- Non-fat milk
- Coffee and/or tea

### 3. Suggestions for Beverages for Children

In an effort to align with existing law (AB 2084) regarding the provision of healthy beverages in child care settings, programs are strongly encouraged to adhere to the following guidelines when providing beverages to children participating in activities such as playgroups, during child care at parent meetings and workshops:

- Non-fat milk
- 100 percent fruit or vegetable juices - avoid large-size bottles
- Water (required as a beverage option at all functions where beverages are provided)

### 4. Suggestions for Healthy Foods

- Fresh fruit – cut and offered with low-fat yogurt dip
- Raw vegetables – cut and offered with fat-free or low-fat dressing or salsa dip
- Nuts – 1 ½ oz servings of almonds, pecans, walnuts
- Raisins
- Pretzels
- Tortilla chips – baked and offered with salsa dip
- Popcorn – lower fat (5g fat or less/serving)
- Whole grain breads or crackers – (5g fat or less/serving)
- Yogurt – flavored non-fat
- Bagel – 3 ½ diameter or less; serve with low-fat cream cheese, jam or jelly
- Granola bars – low-fat (5g fat or less/bar)
- Cheese – cut into ¾" squares or smaller
- Salads with dressing on the side – offer at least one low-fat or fat-free dressing.
- Lean beef or turkey – 1oz slices
- Fruit ice, sorbets, fruit popsicles
- Oatmeal or fruit based cookies