

CREATING HEALTHY SCHOOLS FOR OUR CHILDREN!



Dear Parent,

Bishop Indian Head Start is now implementing enhancements to the foods and beverages served to your child as recommended by the Planning, Preparing, and Serving Reimbursable Meals course that is being presented to child care providers feeding children through the Child and Adult Care Food Program (CACFP).

It is our hope that these enhancements also will help you and your family to eat healthier meals:

1. Serving lower-fat milk (fat-free or 1 percent) to children aged two and older.
2. Serving at least one vegetable at every lunch and dinner.
3. Limiting 100 percent juice to one serving per day.
4. Encouraging the consumption of whole fruits
5. Offering less juice and encouraging drinking water as an alternative to juice.
6. Making sure that at least half of the grain and bread items served are wholegrain.
7. Serving cereals with no more than six grams of sugar per serving.
8. Choosing lower-fat meat and meat alternates and preparing them in ways that limit the intake of unhealthy fats.

- ❖ **Choosing healthier alternatives for celebrating your Child's Birthday at school (Reading a story, arts and crafts, playing a game, garden projects, bubbles, healthy cooking project)**
- ❖ **Bringing prepared foods not provided by USDA -Child Adult Care Food Program is highly discouraged due to health risks such as food allergies, foodborne illnesses, dietary concerns for children.**

By implementing these enhancements, we feel we can improve the nutritional quality of the meals and beverages served to the children and, in turn, the health and well-being of the children will be improved. Also, the children will be learning healthy ways of eating which will help them establish healthy eating habits.

We hope you will support our efforts. If you have any questions, please contact us at 760-872-3911.

Sincerely,

Your BIHS Staff!

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Children learn from what they see. We need to set an example of truth and action.

- Howard Rainer, Taos Pueblo-Creek (2012)

The following are additional tips for parents, caregivers, family, and community:

- ❖ Be a good role model. Let your child see you eating a variety of healthful foods, such as fruits and vegetables, whole-grain products, lean meats, and fish, and low-fat dairy products.
- ❖ Practice good eating habits because children like to imitate adults.
- ❖ Eat together as a family as often as possible.
- ❖ Keep a wide variety of healthful foods on hand. Having healthful foods around will influence your child's choices and eating style.
- ❖ Let your child help shop for nutritious foods and help make healthy meals. Children will be more likely to try something that they choose themselves or help prepare.
- ❖ **Do not use food or candy as a reward.**
- ❖ Plant a vegetable garden with your children and let them help take care of the plants. They may enjoy eating the "fruits of their labor." **(Plant at BIHS Community Garden!)**
- ❖ Allow enough time to eat and encourage your child to eat slowly; do not force your child to clean his or her plate.
- ❖ Let your child decide which of the nutritious foods to eat and how much to eat.
- ❖ Respect your child's decision to stop eating when full. Do not force your child to eat.
- ❖ Encourage your children to eat a variety of vegetables and fruit daily, especially those high in vitamin C (such as oranges, strawberries, broccoli, cabbage, and tomatoes) and vitamin A (such as orange-colored carrots, sweet potatoes, and apricots; dark green leafy such as spinach and romaine lettuce).
- ❖ Do not let your child fill up on drinks because he or she may not have room for meals and snacks.

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- ❖ Turn off the television during meals so your child can focus on eating.
- ❖ Set limits for the amount of time your children spend watching television or playing on the computer. This leaves more time for physical activity with the family. Encourage active play.
- ❖ Serve meals and snacks at about the same time every day. Children do better with a routine.
- ❖ Plan snacks so they do not interfere with meals. Allow at least two hours between meals and snacks.
- ❖ Offer a variety of healthful foods at each meal.
- ❖ Limit foods that are high in calories and explain that sweets and high-fat foods are “sometimes” foods, not everyday foods.
- ❖ Choose 100 percent pasteurized fruit juice for your child.
- ❖ Limit fruit drinks that have the words “beverage,” “cocktail,” “ade,” or “punch” on the packaging.
- ❖ Encourage your child to eat whole fruits to get the added benefit of fiber.
- ❖ Offer water rather than sweetened drinks when your children are thirsty.
- ❖ Avoid toys, books, and coloring books that promote junk food or fast food.
- ❖ Avoid fast food and eating on the run. Instead, eat meals with your family at home.

“Before eating, always take time to thank the food”

– Arapaho

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