

Bay Point First 5 Center
3225 Willow Pass Road Bay Point, Ca 94565

Nutrition Policy

As most of us know, the incidence of childhood obesity has increased. Consequences of obesity in children have been identified, which includes obstructive sleep apnea, orthopedic problems, type 2 diabetes, and cardiovascular disease. In an effort to support healthy eating behaviors and lowering the risk of obesity for children 0-5 years of age, the Bay Point First 5 Center is implementing the following nutrition policy to promote the health of our children.

In order to promote a healthy and active environment for children 0-5 years of age the Bay Point First 5 Center:

- Will not serve sugar sweetened beverages or 100% fruit juice to children at any of the Center's activities, events or celebrations.
- Will provide low-calorie whole grain cereal snacks and fresh fruits and vegetables when possible.
- Will serve whole fruit slices and water in place of 100% juice or flavored punch when possible.
- Will always have water available for children and their families.
- May provide additional beverages for children which may include healthy alternatives such as:
 - Carbonated water, flavored or unflavored, without sweeteners
 - Non-fat or 1% milk (plain, not flavored)

Please join us in our work to promote a healthier food environment by only bringing food and beverages to the Center for your children that adhere to these standards.

