



Cambridge Child Development Center Nutrition and Food Service Policy

Because of the current and increasing health crisis of childhood obesity and its consequences – early onset adult diabetes, high blood pressure and arterial disease, and shortened life span, and its even greater prevalence in the ethnic and income groups we serve (low income Latino and African American children), the Cambridge Community Center Board of Directors adopts the following policy for its Child Development Center food service and nutrition programs:

All foods served will contribute to the optimum health of every child and shall meet the following guidelines:

1. Only whole grain products will be served: brown rice, whole wheat pastas, bread and rolls, whole grain tortillas (both wheat and corn), whole grain cereals, rolled oats, and other unrefined grain products. (No “enriched” or “unbleached” grain products can be used.)
2. Fresh and frozen fruits and vegetables are to be served at least twice daily, at least three servings per day. Juices are to be limited to no more than 2 serving per month.
3. No trans fats, hydrogenated or partially hydrogenated, or “fractionated” oils or fats may be used or included as an ingredient in any prepared food product served. Acceptable fats and oils include “heart healthy” margarines (if approved by nutrition coordinator), olive oil, other mono-unsaturated oils, “natural” peanut butter (or other nut butters), pan sprays of the above oils. Mayonnaise made with the above oils may be mixed with non fat yogurt or buttermilk to make dip or dressings (no more than 50% of the measurements, no more than 2 times per week).
4. Milk will be served 3 times per day to give children the maximum nutrition for the day. 1% fat should be served to children 3 and over, 2% for 2 year old children.
5. Proteins served will be lean meats (ground turkey, chicken with skin removed, lean nitrate-free lunch meats), beans (red, pinto, black, navy, garbanzo, etc.), cheese or yogurt—low fat or as a portion of the protein serving (only natural cheese – no “cheese foods”), or acceptable soy products approved by CCFP guidelines. 2 servings per day from the above list is desirable. Lunch must include a serving from the list above.
6. We will not serve any foods which contain: 3 or more types of sugar in the ingredients list; any high fructose corn syrup; food dyes or coloring; nitrates or nitrites; BHA or other chemical preservatives; other unnecessary or dangerous food additives. Nutrition coordinator will review all labels of any new food product before allowing it to be served to the children.

Our goal is to provide a model nutrition program to our children, to reduce overweight and obesity among our students, and to teach them good habits and the enjoyment of healthy eating



Cambridge Child Development Center | 1146 Lacey Lane, Concord, CA 94520

through daily participation in our food program. We will expand this goal into their homes through parent education. We will also insist that any food served at any of our school functions will meet the same standards. Outside foods will not be served at any field trip or classroom celebration.

Adopted by Cambridge Community Center Board of Directors

November 11, 2007

I have read, understand, and will abide by the Cambridge Board food policies as stated above. I will see that administration or nutrition coordinator is informed if I observe that foods are being served that do not meet the standard.

Signed:

Date:



Cambridge Child Development Center | 1146 Lacey Lane, Concord, CA 94520

Print Name: