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## Healthy Food and Beverage Policy

With recent reports showing that 15.9% of low-income children aged 2-5 in Contra Costa are obese it is important that agencies that cater to young children play a part in helping to stop this trend. \*

Contra Costa Child Care Council strives to promote health and wellness by being a role model to promote healthy food and beverages. As mentors and role models for children and families, we need to work hard at maintaining a healthy image at work and providing healthy opportunities and choices to our colleagues and clients. Therefore, our agency will:

### **For Staff and Clients:**

- ✓ Increase healthy food and beverage options during staff events. Encourage healthy food and beverage options at program potlucks, supporting the cultural diversity of participants.

### **For young children and families:**

- ✓ Water is available for children and their families by means of either self-service or upon request. Whenever possible, water will be served in pitchers and cups instead of plastic bottles.
- ✓ Will not provide sugar-sweetened beverages or fruit juice to children at Child Care Council events. Beverage alternatives ages 2 and over may include nonfat or low fat milk.
- ✓ Foods served will encourage healthy eating and may include fresh fruits, vegetables, whole grains or other healthy options.

**Our agency's *Healthy Food and Beverage Policy* will be distributed and explained to paid staff, clients and volunteers within our organization.**

Executive Director \_\_\_\_\_

Date: \_\_\_\_\_

\* Data Source: Department of Health Care Services, Child Health and Disability Prevention (CHDP) Program (2009). Pediatric Nutrition Surveillance System (PedNSS) 2008 Data Tables. Sacramento, CA: Department of Health Care Service