

Delta First 5 Center
760 1st st. Brentwood, CA 94513

Nutrition Policy

Recent research shows that in Contra Costa **16.3% of preschoolers are considered overweight**. In an effort to combat the current and increasing health crisis of childhood obesity and its consequences, the Delta First 5 Center is implementing the following nutrition policy to promote the health of our children.

In order to promote a healthy food environment that prioritizes the health of children age 0-5, the Delta 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 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)

**During celebratory events or certain activities the Center may choose to offer food items that are high in sugar, at which time families will be notified of the sugar content and a healthier alternative made available.*

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.