



Cambridge Community Center

Healthy Food and Beverage Policy

Cambridge Community Center (CCC) understands that Preschool-age children are still developing their eating habits and need encouragement to eat healthy meals and snacks. These children are eager to learn, especially from other people and will often imitate eating behaviors of adults. They need supervision at mealtime as they are still working on chewing and swallowing skills. It is important that children understand where the food comes from and can learn at a young age to make healthy choices all while enjoying a fun activity such as growing a fruit and vegetable garden.

Cambridge will:

1. Prepare healthy meals and provide regularly scheduled healthy snacks.
2. Ensure that poor behavior at mealtime is not allowed by focusing on eating, not playing with food, or playing at the table.
3. Keep offering a variety of foods including fresh fruits and vegetables, whole grains, and organic foods when available.
4. Avoid all sugary and processed foods and drinks (serving only water and milk).
5. Make mealtime as pleasant as possible without pressure on the children to eat, or force them to "clean" their plate. This may lead to overeating which can cause children to gain too much weight.

Cambridge will adopt policies that support the importance of eating fresh fruit and vegetables every day by:

1. Providing an *Edible Garden Program*
2. Incorporate education regarding growing fresh produce into the curriculum.
3. Provide videos, books and posters about gardening, farming and avoiding poor food choices (in two languages).
4. Building a healthy plate with fruits, vegetables, whole grains, and beans.
5. Encouraging physical activity and active play.

A handwritten signature in blue ink, appearing to read "Vera R. Ciammetti".

Vera R. Ciammetti, Executive Director

Effective March 1, 2016