

# CHILD NUTRITION BENCHMARK MENU

Must complete at least 50 points per selected menu(s) to qualify for recognition (check all that apply).



CHILD BENCHMARKS	15 PTS	10 PTS	5 PTS
<input type="checkbox"/> Offer fruits and vegetables at every meal and snack time			X
<input type="checkbox"/> Offer fruits and vegetables packed in their own juice or water, not in syrup			X
<input type="checkbox"/> Offer whole grain foods at least once per day			X
<input type="checkbox"/> Offer non-flavored whole milk to 1-year-olds and non-flavored low-fat or non-fat milk to 2-year-olds and older.			X
<input type="checkbox"/> Offer lean meats and meat alternatives at all meals			X
<input type="checkbox"/> Offer foods that have not been fried or pre-fried			X
<input type="checkbox"/> Have water available at all times			X
<input type="checkbox"/> Food is not used as a reward or punishment			X
<input type="checkbox"/> Serve family-style meals			X
<input type="checkbox"/> Early child care staff role model healthy eating behaviors			X
FAMILY AND STAFF BENCHMARKS			
<input type="checkbox"/> Provide staff training on nutrition education and healthy eating at least two times per year		X	
<input type="checkbox"/> Incorporate healthy eating and nutrition education in lesson plans at least once a week		X	
<input type="checkbox"/> Provide nutrition education to families at least two times per year		X	
<input type="checkbox"/> Offer parent/family workshops on nutrition and healthy eating with assistance from UF/IFAS Extension and/or other community resources as necessary (if not completed before evaluation proof of arrangement required: ex. Emails, date of workshop, flyer, promotional items, etc.), e.g. Team Nutrition with USDA Food and Nutrition Service; any center participating in CCFP is eligible to receive free, colorful, materials <a href="https://www.fns.usda.gov/tn/games-and-activities">https://www.fns.usda.gov/tn/games-and-activities</a>		X	
PROGRAM ENVIRONMENT AND POLICY BENCHMARKS			
<input type="checkbox"/> Develop a written policy on child nutrition that covers healthy foods and beverages provided; healthy mealtime practices; nutrition education for children, families, and staff; and guidelines for holiday celebrations and fundraising	X		
<input type="checkbox"/> Develop monthly menus that offer a wide variety of foods from all of the food groups, including seasonal foods	X		
<input type="checkbox"/> Display healthy eating messages through books, posters, play items, games, and gardens	X		
<input type="checkbox"/> Establish a learning garden (with assistance from UF/IFAS Extension and/or other community resources as necessary)	X		
<input type="checkbox"/> Establish a written policy for parents on healthy lunchbox meals and other foods brought into the child care facility	X		
<input type="checkbox"/> Host an event at your site for National Nutrition Month. Encourage healthy eating for children and families (proof of event registration or attendance required)	X		