

# HEALTHY BEVERAGES BENCHMARK MENU

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



CHILD INVESTMENT BENCHMARKS	15 PTS	10 PTS	5 PTS
<input type="checkbox"/> Make drinking water available inside and outside, where it is visible and available for self-service			<b>X</b>
<input type="checkbox"/> Prompt children to drink water during indoor and outdoor play activities			<b>X</b>
<input type="checkbox"/> Offer no more than 4-6 oz. of 100% juice per day to toddlers or preschoolers			<b>X</b>
<input type="checkbox"/> Offer children ages 2- to 5-years-old unflavored low-fat or nonfat milk at all meals; offer unflavored whole milk to 1-year-olds			<b>X</b>
FAMILY AND STAFF INVESTMENT BENCHMARKS			
<input type="checkbox"/> Incorporate the importance of zero sugary beverages into lesson plans for preschoolers		<b>X</b>	
<input type="checkbox"/> Provide staff literature, resources and educational materials on healthy beverage options at least two times a year		<b>X</b>	
<input type="checkbox"/> Provide information to parents on the benefits of drinking water and zero sugary drink beverages (e.g., newsletters, information sheets, special programs) at least two times a year		<b>X</b>	
<input type="checkbox"/> Encourage parents to pack bottled water or milk in their child's lunchbox <input type="checkbox"/> (1-year olds = whole milk, 2 and older = low-fat or nonfat milk)		<b>X</b>	
PROGRAM ENVIRONMENT AND POLICY INVESTMENT BENCHMARKS			
<input type="checkbox"/> Develop a written policy supporting healthy beverages at the child care facility: Flavored milk is not served to toddlers or preschoolers Non-100% juice drinks (e.g., Kool-Aid, fruit drinks, sports drinks, sweet tea, soda) are not offered to children of any age	<b>X</b>		
<input type="checkbox"/> Staff serve as role models to children by drinking only water or milk throughout the day	<b>X</b>		