

## **EMSA Child Care Nutrition Training Standards**

### **I. Course Requirements**

The child care nutrition course shall:

- (a) Consist of no less than one (1) hour of training in children's nutrition for child care providers.
- (b) Provide basic information about the USDA's Child and Adult Care Food Program (CACFP): how to access the program and how to obtain information on CACFP eligibility, enrollment, and reimbursement rates by contacting the CACFP Unit of the California Department of Education (CDE) Nutrition Services Division. The training shall provide California CACFP program contact information.
- (c) Refer trainees to the California Emergency Medical Services Authority (EMSA) Child Care Nutrition Training webpage for resources and additional information about children's nutrition. Inform child care providers that more in-depth information about the topics in the nutrition training can be found on the EMSA Child Care Nutrition Training webpage ([www.emsa.ca.gov/childcare\\_nutrition](http://www.emsa.ca.gov/childcare_nutrition)).
- (d) Only contain content that is consistent with current *Dietary Guidelines for Americans*.
- (e) Provide trainees with an opportunity to ask questions or ask for clarification of topics.

### **II. Required Course Content for Child Care Nutrition Training**

The course content shall include the following topics:

- (a) A brief overview of the positive effects of healthy nutrition on the developing child and on the overall health of children ages 12 and younger.
- (b) Basic information about California's Healthy Beverages in Child Care Law (AB 2084, 2010) that includes the following:
  - (1) Clean and safe drinking water must be readily available throughout the day, including at all meal, snack, and play times.
  - (2) Serve only fat-free or low-fat (1%) unsweetened, plain milk for children two years of age or older.
  - (3) Provide no more than one serving (4-6 ounces) per day of 100 percent juice.
  - (4) Beverages with added sweeteners, either natural or artificial, are prohibited (not including infant formula or complete balanced nutritional products designed for children).
- (c) Best practices for feeding infants and toddlers including breast milk, iron fortified formula, and introducing first foods.

(d) Overview of how to serve age appropriate healthy foods at each snack and meal that are based on the standards of the current Dietary Guidelines for Americans.

(e) Ways to cut back on foods high in solid fats, added sugars, and salt.

(f) Explanation of how to use food labels to help identify healthy choices.

(g) Best practices for building healthy eating habits in children, including the division of responsibility in feeding, based upon the current standards of the American Academy of Pediatrics and *Caring for Our Children*.

The information for this topic shall include:

1. The child care provider is the role model for healthy eating while children are in the child care environment.

2. The division of responsibility: the child care provider chooses which healthy foods to prepare and offer to children, when and where to provide the food; children choose *what* and *how much* they will eat from the foods offered.

3. Allow children to serve themselves: they choose what they want from what you serve, they choose what portions to put on their plates, and they decide when they are “full.”

4. Child care providers eat with the children at a communal table.

5. Offer a variety of foods from each of the food groups (fruits and vegetables, meat and meat alternatives, grains including mainly whole grains, and dairy products). Colorful foods with varying textures appeal to children’s palates.

6. Encourage children to taste a new food, but do not force or reward children to eat or to clean their plates. It is normal for children to dislike some foods and favor others.

7. Children may need to be introduced to a new food 10 to 20 times before they accept it.

8. Planning menus helps to provide a healthy variety of foods to children, and can help save money.

(h) The benefits of developing written nutrition policies for the child care setting.

1. Refer to the EMSA Child Care Nutrition Training webpage ([www.emsa.ca.gov/childcare\\_nutrition](http://www.emsa.ca.gov/childcare_nutrition)) for samples and further guidance regarding policy writing.

(i) Overview of information regarding food allergies and food safety on the EMSA Child Care Nutrition Training webpage.