



Appendix A

Healthy Way to Grow Best Practices

Nutrition Education for Providers <ul style="list-style-type: none">• Child care providers participate in professional development activities two or more times per year in order to effectively teach children about nutrition.
Infant Feeding and Nutrition <ul style="list-style-type: none">• 100% juice (even if diluted with water) is not provided until age 1.
Fruits and Vegetables <ul style="list-style-type: none">• All meals and snacks for children include a variety of fruits and vegetables, especially deeply colored ones, and should be included at every meal or snack.• Fried or pre-fried and then baked vegetables (e.g., French fries, tater tots, hash browns) are served less than once per month.
Meat and Meat Alternatives <ul style="list-style-type: none">• Fried and baked pre-fried meats like chicken nuggets and fish sticks are provided less than one time per month.
Grains and Breads <ul style="list-style-type: none">• Providers serve a variety of grains daily and make sure at least half of grains served are whole grains.• Foods high in saturated and <i>trans</i>

