

Step 2 Essential Trainings

Food and Nutrition



Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. Children serve themselves at least part of the meal with appropriate serving utensils.
			2. Infants are fed on demand, rather than on a schedule.
			3. Enough food is available to satisfy individual children’s hunger.
			4. Meal planning is based on nutritionally sound meal patterns (i.e. MyPlate or USDA Child Care Meal Pattern Guidelines)
			5. Children are not required to eat either a set amount of food or a particular food.
			6. Children are not required to try or taste a food they refuse.
			7. Food is offered at least every three hours so that children’s hunger does not overwhelm their ability to self-regulate intake.
			8. Adults sit at the table with children.
			9. A policy supporting breastfeeding is developed and provisions are made to store expressed milk, and for the caregiver to feed expressed milk to support breastfeeding mothers and their babies.
			10. Menus are created on at least a two-week cycle, include a variety of foods, and are posted for staff and parents.
			11. Children have access to drinking water during mealtimes, snack times, and during periods of active physical play.
			12. Adults support children as they learn how to choose portion sizes to match how much they can eat.
			13. Serving dishes and utensils are available for children to pass food and self-serve food.
			14. Mealtime conversation is encouraged among children and adults.
			15. Adults respond to children’s questions and comments with information and interest.
			16. Children use verbal requests to ask for food. (“Please pass the pears”)