

Purpose

The mission of Snohomish County ECEAP is to nurture the development, education and overall well-being of young children and their families. We support The Healthiest Next Generation Initiative, launched by Governor Jay Inslee, and are committed to assuring children in our program consume healthy food and beverages in early learning settings.

This policy provides clarification and guidance for requirements not covered by the Child and Adult Care Food Program (CACFP) or the ECEAP Performance Standards, but included in the Department of Early Learning (DEL) ECEAP Contract.

Policy

Classroom meal and snack items offered will meet the CACFP (Child and Adult Care Food Program) requirements, ECEAP Performance Standards and the new additional DEL Contract, as outlined in the procedures below.

Procedures**Healthy Beverages**

1. Whole fruit is preferred over juice whenever possible. If juice is offered, it may only be served at snack, and must be 100% fruit juice, Vitamin C rich, and is offered no more than two times per week.
2. Healthy drinks (no soda or sugary beverages) will be served at family nights and parent meetings.

Healthy Food Preparation Methods Requiring Heat

3. Food may be offered that is prepared with steaming, broiling, boiling, baking, roasting or lightly stir-fired with little added fat. Deep fat-fried foods will not be offered. On rare occasions, cultural food items that do not meet this requirement may be offered.

Healthy Food**Fruits and Vegetables**

4. Fresh, frozen or canned fruit will be offered. Canned fruit will be juice-packed or water-packed. In rare circumstances, when juice-packed or water packed is not available for a specific food, light-syrup packed fruit may be offered instead.
5. Vegetables offered may be fresh, steamed, boiled, roasted or lightly stir-fried with little added fat.
6. Pre-fried potatoes (French fries, tater tots, hash browns) are offered no more than once a week. The same pre-fried potato should be limited to no more than twice per month.

Meat and Meat Alternate

7. High-fat, highly processed meats and pre-fried meats (i.e. chicken nuggets) should be limited to no more than once a week, per the following guidelines:
 - a. Must meet CACFP requirements.
 - b. The same high-fat and/or pre-fried meats should be limited to more than twice per month.

Grains

8. Whole Grains will be offered at least once per day. The definition of whole grain rich/whole grain, used by the USDA School Lunch and School Breakfast Programs.
9. Cereals will follow CACFP requirements and be limited to those that are 9 grams or less of sugar per serving as listed on a full-size box of cereal or package.
10. Grains
 - a. Fruit sweetened low-fat muffins/biscuits/grains or vegetable-herb flavored muffins/biscuits/grains may be offered.
 - b. Packaged high-sugar and high fat muffins or other grains must be limited to once per month.
 - c. Muffins with candy or chocolate may not be offered.
 - d. Grain items on the menu will be limited to 9 grams or less of added sugar per serving. As a reference: 9 grams of sugar is approximately 2 ¼ teaspoons of sugar.
 - e. Traditional cookies and cake (high in sugar and fat) may not be offered.

Substitutes for sugar and fat

11. Sugar, honey, syrup or sweetened jams or jellies may not be offered.
12. Fruit, fruit compote, 100% fruit puree or 100% fruit jams may be used in place of jams, jellies and syrup.
13. Low fat yogurt and low-fat cream cheese may be used on pancakes, French toast, waffles, or toast.
14. Low fat yogurt may be used in place of fat in biscuits/muffins to decrease fat content.

Healthy Classroom Food Preparation Activities

15. Classroom food preparation or cooking activities need to meet the Healthy Nutrition Practices described above. Foods should be low in sugar, fat and salt. Traditional recipes not meeting this requirement may be modified as described above. On rare occasions, cultural food items that do not meet this requirement, may be offered and whenever possible be modified to be low in sugar, fat and salt.

Foods from Outside the Facility for Special Occasions during the ECEAP Day

16. Food brought into the facility to be served during the ECEAP school day should meet the food safety and sanitation standards as defined by Snohomish Health District and be purchased.
17. Food brought into the facility for special occasions should meet the CACFP, ECEAP Performance Standards and the requirements outlined in DEL ECEAP Contract requirements (see above).

Performance Standards and Contract References

ECEAP Performance Standard D-15 Meal and Snacks

ECEAP Contract Exhibit A, Section IX, Additional Health and Safety Requirements, G.1 to 8