

## Overview

The ABC Child Care Nutrition Guidelines were developed by the CACFP section of the Maryland State Department of Education School and Community Nutrition Programs Branch with help from a program specialist in the regional USDA office. Guidelines were modeled after similar work from the Contra Costa Child Care Council in California. They were disseminated online to CACFP centers. The one-page guidelines are designed to function as a self assessment check list which when completed can be used by the provider to market their high nutrition standards to parents and to engage parents as partners in the nutrition policy.

## ABC Child Care Nutrition Guidelines

- Designed as a check list with a place for the name of the center and the signature of the owner/
- Voluntary and come in two different versions
  - o Infants
  - o Non-infants
- Some example guidelines are as follows:
  - "To reduce the amount of unhealthy saturated fat in their diets, we serve only low-fat (1%) or nonfat milk to children after two years of age.
  - We serve family-style whenever possible to help children learn to serve themselves.
  - Hands – both big and little ones – are always washed before all meals and snacks.

## Guideline Distribution and Purpose

The guidelines will be sent via internal memo series on a password protected document share website for CACFP centers. The Department of Education will encourage providers to frame the guidelines and/or distribute them to families as a tool to promote their program and engage parents.

## Future

Extend the guidelines to include family child care homes