

DCYF Nutrition Policy Template

In an effort to promote health and nutrition, DCYF has adopted the following nutrition standard for food and beverages made available to children and youth in all funded programs. This standard applies to any grantee offering food or snacks as part of its program. **The purpose of this template is to help funded programs develop their written policies. Programs can submit their own policies but must include answers to the basic questions (#1-7) below.**

Agencies are required to submit their nutrition policy to their program specialist by January 1, 2019. If agencies are using this template, written policies must meet the following submission requirements:

- on 8 ½ by 11 paper with 1 inch margins
- in a minimum 12-point font
- must not exceed two (2) pages

DCYF Nutrition Standard

Program makes healthy food and beverages available to participants, limits unhealthy foods, emphasizes appropriate portion sizes, and encourages staff to model healthy eating behaviors. Program encourages youth to drink water, and avoids serving sugar-sweetened beverages such as soda or sports drinks.

DCYF's nutrition standard is not intended to restrict food resources, but instead support nutrition and create healthier environments for children, youth and families. DCYF's policies are intended to support programs as they adopt the DCYF nutrition standard.

Policy Guidelines for Nutrition Standard Implementation (Agencies must answer the following questions):

For the 2018-23 grant cycle, all programs serving food to youth must have in place a formal, written nutrition policy. This policy must describe the type of food and beverage that will be provided to youth and the program's approach to how and when these items will be served.

In order to ensure that all programs funded by DCYF has a formal, written nutrition policy that is compliant with the DCYF Nutrition Standard, please answer the following basic elements required in a nutrition policy:

- 1)
 - a. What types of healthy foods will your program have available for youth? Please provide a description of the types of foods you will provide and if possible, submit a sample menu or a list of items your program will typically provide.
 - b. How will your program limit unhealthy food? What types of unhealthy foods will your program limit?
- 2) Does youth have regular access to water? How will the program encourage youth to drink water?
- 3)
 - a. What policies does your site have in place to ensure that program funds it not being used to purchase sugar-sweetened beverages? Policies can include staff trainings or other administrative policies and organizational structure.
 - b. What types of non-sugary-sweetened beverages will your program purchase?

- 4) Will your program provide a healthy snack if operating for two hours or more? What time will snack be served by your program? How will your program distribute the snacks?
- 5) Please explain your program's supervision and sanitation procedures in order to ensure all food is served in a safe and clean environment.
- 6) Please explain your program's procedures for ensuring that meals will be appropriately stored (including but not limited to, monitoring fridge temperatures if storing perishable items and how nonperishable items will be stored such as in safe, secured bins that are not on the floor, etc.).
- 7)
 - a. How will healthy nutrition be embedded in your program's content?
 - b. How will healthy nutrition be actively promoted by staff?

Optional:

8) In addition to the basic elements of the nutrition place, DCYF has other additional suggestions for creating an environment that supports healthy food and beverage choices. Please include any comments or policies regarding the following topics or any other topics your program would like to include that is not already mentioned, including but not limited to:

- Portion sizes
- Model healthy eating behaviors
- Variety of healthy foods
- Family engagement
- Managing foods at special events
- Using food as reward or punishment
- Participation in the DCYF Nutrition Program