



235 N. Main St., Suite 11, Spring Valley, NY 10977 | 845-425-0009
info@rocklandchildcare.org | childcarerockland.org



Snack Suggestions

WHEN PURCHASING PACKAGED SNACKS FOR YOUR CHILD, CONSIDER SNACKS WITH 200 CALORIES OR LESS, WITH NO MORE THAN 200 MG OF SODIUM PER SERVING

- ◆ Fresh fruit
- ◆ 100% Fruit juice (limit to twice a week)
- ◆ Fruit kebabs
- ◆ Fruit smoothies
- ◆ Hummus on celery sticks
- ◆ Graham crackers
- ◆ Raw vegetables with apple butter or yogurt dip
- ◆ Whole grain tortilla chips and salsa
- ◆ Whole wheat pita bread with bean dip
- ◆ Low- or no-salt whole grain pretzels or crackers
- ◆ Dried fruits
- ◆ Unsweetened applesauce
- ◆ Rice cake



Pack A Better Lunch

The 5 Food Groups for Children & their Nutrients:

- ✓ The protein (beans, eggs, chicken, tofu) group covers iron, zinc, vitamin B12 and more.
- ✓ The fruit group and the vegetable group (together known as the produce group) focus on choices that have potassium (broccoli, cut up melon), vitamin A (carrot, red bell pepper and papaya), vitamin C (mandarin orange), and fiber (apple), among other nutrients.
- ✓ The dairy and other plant-based options group covers calcium, vitamin D, and potassium: milk, yogurt, tofu.
- ✓ The grains group provides carbohydrates, the main source of energy and calories for your child, and important nutrients such as B vitamins and fiber.

What Should Parents Consider?

- ✓ Providing a complete meal.
- ✓ Food safety – freeze items such as cheese sticks or individual guacamole servings to keep items cold. Use microwavable safe containers, clean lunch box daily, and pay attention to “use by” or “sell by” dates.
- ✓ Easy-to-open and ready-to-eat containers – provide items your little one can handle.
- ✓ Reading the Nutrition Facts Label for foods that have less sugar, more fiber, and less sodium.
- ✓ Condiments, dressings, spreads, and dips.
 - Condiments such as ketchup, soy sauce, mustard, salad dressings, and salt blends such as Adobo can add a lot of sodium to your homemade lunches.
 - Avoiding pre-packed foods such as processed lunch kits – read the nutrition facts label. According to the United States Department of Agriculture (USDA), one lunch meal should have less than 1,230 mg of sodium.

Adults can be the best role models for children; be adventurous and try new foods whenever you can. Children can learn from your example about being open to trying new things.

Let’s Make A Meal! – include children in planning a meal; give them a say - it will go a long way. Children can decide if they want a cut up apple or pear, a side of carrots or banana. You can pack a C day themed lunch – chicken, corn, cantaloupe, carrots & cucumber slices.

Though your child might appreciate the cookie and chips you are putting in his or her lunch box, these snacks contribute to the intake of non-nutritive sugar and salt. Consider keeping these “treats” to be provided at home instead of part of the packed lunch.

References <https://jillcastle.com/childhood-nutrition/best-balanced-meal-plan-kids/>

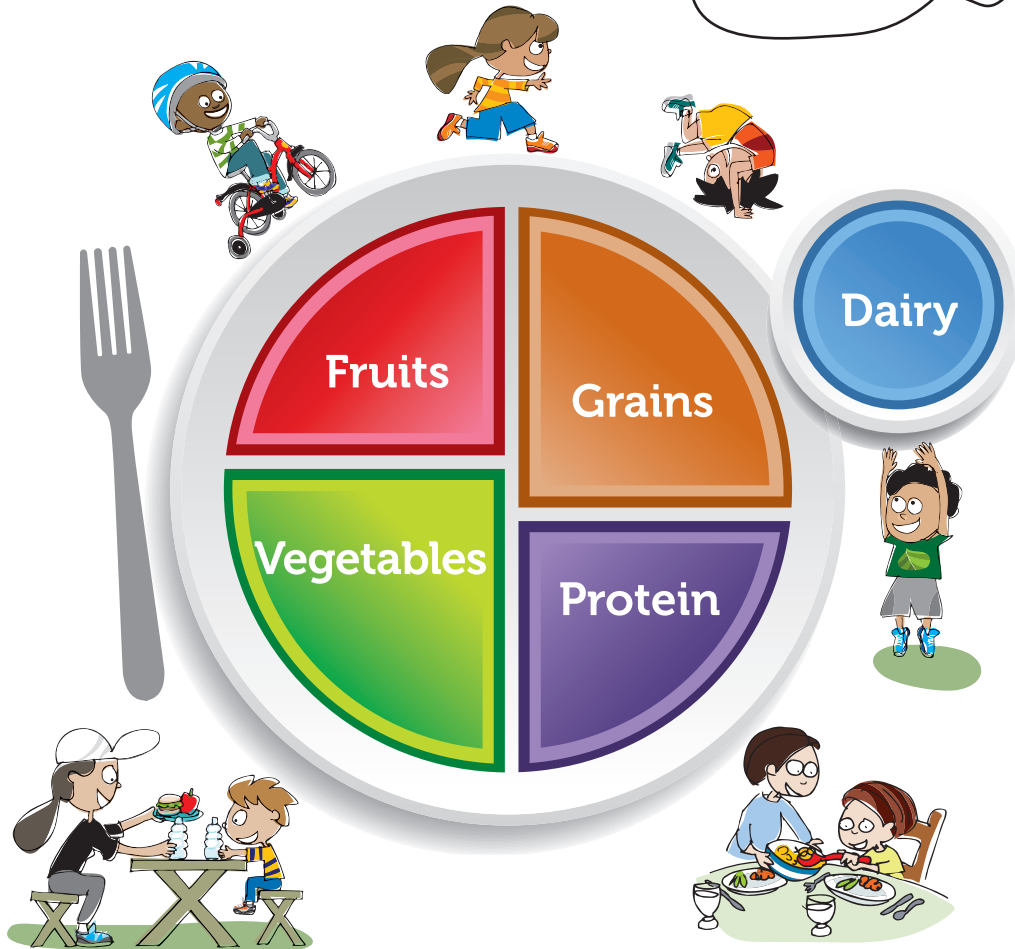
Some Favorite Books on Feeding Children:

- *Fearless Feeding How to Raise Healthy Eaters From High Chair to High School* by Jill Castle and Maryann Jacobsen
- *Feed Your Family Right!* by Eliza Zied with Ruth Winter
- *Secrets of Feeding a Healthy Family* by Ellyn Satter

Rockland County Department of Health
Ed Day, County Executive
Patricia Schnabel Ruppert, DO, MPH, CPE, DABFM, FAAFP
Commissioner of Health
www.rocklandgov.com/health



Healthy Eating for preschoolers



Choose**MyPlate**.gov

Get your child on the path to healthy eating.



Offer a variety of healthy foods.

Choose foods from each MyPlate food group. Pay attention to dairy foods, whole grains, and vegetables to build healthy habits that will last a lifetime.

Be mindful of sweet drinks and other foods.

Offer water instead of sugary drinks like regular soda and fruit drinks. Other foods like hot dogs, burgers, pizza, cookies, cakes, and candy are only occasional treats.

Focus on the meal and each other.

Your child learns by watching you. Let your child choose how much to eat of foods you provide. Children copy your likes, dislikes, and your interest in trying new foods.

Be patient with your child.

Children enjoy food when eating it is their own choice. Some new foods take time. Give a taste at first and wait a bit. Let children serve themselves by taking small amounts. Offer new foods many times.

Cook together.

Eat together.

Talk together.

Make meal time family time.



Healthy Eating

for preschoolers

Daily Food Checklist



Use this Checklist as a general guide.

- This food checklist is based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Let your child choose how much to eat. Throughout a day, offer amounts shown below.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits Focus on whole fruits 	1 cup	1 – 1½ cups	1 – 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ small banana 4-5 large strawberries
Vegetables Vary your veggies 	1 cup	1 – 1½ cups	1½ – 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole grains 	3 ounces	3 – 5 ounces	4 – 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked oatmeal, rice, or pasta 1 tortilla (6" across)
Protein Foods Vary your protein routine 	2 ounces	2 – 4 ounces	3 – 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free milk or yogurt 	2 cups	2 – 2½ cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese

Some foods are easy to choke on while eating. Children need to sit when eating. Foods like hot dogs, grapes, and raw carrots need to be cut into small pieces the size of a nickel. Be alert if serving 3- to 5-year-olds foods like popcorn, nuts, seeds, or other hard foods.

There are many ways to divide the Daily Food Checklist into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at www.ChooseMyPlate.gov/preschoolers-meal-and-snack-patterns.

