

*Delaware*



*Department  
of Education*

# Implementing Delaware's New Nutrition Guidelines



# Collaboration Key

- Office of Child Care Licensing
- Nemours Health and Prevention Services
- USDA
- Altarum Institute
- Department of Education Early Childhood Section



# Overarching Recommendations

- Meat poultry and fish should have no more than 35% of calories from fat and no more than 10% of calories from saturated fat.
- Foods must have less than 0.5 grams of trans fat.
- Limit sodium to 200 mg per serving
- Processed cheese food or product is prohibited.

# Nutrition Guidelines Infants

- No juice for infants under 12 months of age.
- All grain products must be equal to or less than 6 grams of sugar.  
Whole grains are highly encouraged.
- Sweet grains/baked goods (e.g. cookies, cakes, donuts, danish, etc.) **are not allowed.**
- No baked pre-fried or fried fruits or vegetables (e.g. French fries and tater tots) **will be allowed.**



# Nutrition Guidelines Infants

- No processed meats will be allowed.
- No baked pre-fried or fried meats will be allowed.

# Nutrition Guidelines Children and Adults

- Children 1-2 years of age: whole milk
- Children over 2 and Adults: 1% or fat-free milk only (can be flavored)
- No more than 1 serving/day of 100% juice may be served to children (1-18 years)
- Non-100% juice (juice drink or cocktail) is not allowed
- A whole grain product must be served at least 1 time per day where a whole grain is listed as the first ingredient (e.g. grains, pastas, cereal, breads, rice, etc.)

# Nutrition Guidelines Children and Adults

- All grain products must be equal to or less than 6 grams of sugar.
- Sweet grains/baked goods (e.g. cookies, cakes, donuts, danishes, etc.) may only be served once per 2 week cycle for snack. Though, it is highly recommended not serving at all.
- Processed meats (e.g. hot dogs, sausage, baloney etc.) shall be used only 1 time per 2 week cycle. Though, it is highly recommended not serving at all.
- No baked pre-fried or fried food items shall be allowed (e.g. chicken nuggets, fish sticks) unless 35% total fat rule applies. Though, it is highly recommended not serving at all.



# Nutrition Guidelines Children and Adults

- No baked pre-fried or fried fruits and vegetables (e.g. French fries and tater tots) will be allowed unless 35% total fat rule applies. Though, it is highly recommended not serving at all.

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- Enforcement of New Guidelines
  - Incorporated into USDA mandated administrative review process and OCCL review process.
    - Fiscal Sanctions
    - Mandatory Training
    - Possible suspension of license

# Challenges

- Identifying implementation needs of caregivers
- How are guidelines relevant to DOE mission.
- Financial support for development and distribution of training modules and tool kits

# Challenges

- Reaching all CACFP caregivers and non CACFP caregivers



# Opportunities

- University of Delaware Institute for Excellence in Early Childhood
  - Standardized Training
  - Trainer Certification
- Promote consistent nutrition message for all stakeholders to disseminate.



# Opportunities

- Create comprehensive tool kit that reaches beyond nutrition guidelines.
- Sustain momentum gained through ongoing collaboration. (DE NAC)
- Measure post implementation impact.

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# Opportunities

- Expand nutrition guidelines to other Child Nutrition Programs (SFSP)



# Next Steps

- Complete Report of Findings (Altarum)
- Develop ongoing training opportunities (U of D Institute for Excellence and Nemours)
- Initiate Team Nutrition Grant activities
- Develop Tool Kit (Nemours and other partners)