



# Healthy Eating Tips in Early Childcare

COVID-19 Training Highlights

## Keep Kids Safe

### Eliminate Family Style Meal Service

#### What to serve? Here are some meal service options

- Parents can provide meals or...
- Serve pre-packaged and/or ready to eat food or...
- You prepare the meals the night before

#### Hygiene at Meal Time

- Ensure you and your children wash your hands before and after meals
- Wear gloves when preparing and serving meals
- Provide disposable plates & utensils

#### Eliminate Family Style Meal Service

- Adults serve food on individual plates for each child
- Seat the children farther apart (six feet, if possible)
- Provide healthy meals, snacks, and beverages

#### Cleaning, sanitizing, and disinfecting

- Practice appropriate dishwashing techniques
- Choose cleaning products with EPA registration numbers and pay attention to label directions
- Establish procedures to routinely clean frequently touched surfaces and objects such as:
  - tables, chairs, shared toys, doorknobs, light switches, classroom sink handles, countertops, etc.



## Keep Kids Happy

### Family Style is More than Children Serving Themselves

#### Help Children Create Healthy Eating Habits

- Expose children to healthy, appealing food by preparing foods with different textures, temperatures, and shapes
- Engage in pleasant, relaxed mealtime conversations
- Children are invited to touch and smell their food as a natural step towards tasting
- Children set their own pace of eating
- Children acknowledge when they are full or hungry
- Adults act as role models

#### Activities

- **Read a book:** read about meals prior to sitting at the table
- **Fun Food Art:** draw fruits and vegetables with children
- **Hand Wash:** present a fun hand washing tutorial as children imitate
- **Can You Guess the Food?:** educators describe food items and ask children to guess their names

## Resource Links

[Food Planning English/ Spanish](#) [Snacks for Kids English/ Spanish](#) [Sample 2 Week Menu](#) [Sample Grocery List](#)

For more information go to [Department of Early Education and Care](#). Questions? [chronicdisease@bphc.org](mailto:chronicdisease@bphc.org)