



NUTRITION GUIDELINES

Contractors are required to adhere to the nutrition guidelines identified in their executed contractual agreements with First 5 Merced County (see Section 9. Tobacco & Nutrition). This document provides additional information regarding the guidelines and is applicable to all meetings, trainings, functions, programs and agreements that are made available through First 5 Merced County funding. Expenditures that do not comply with the guidelines below may not be reimbursed.

1. Foods and beverages purchased with First 5 funds that are offered at meals and breaks/snack times should be nutritious and provide variety and choice. This includes fruits, vegetables, low-fat dairy products and whole grains. Servings should also incorporate age-appropriate portion sizes.
2. Food and beverage choices should have moderate or reduced levels of fat, saturated fat, cholesterol, sodium and sugar. Options with high levels of dietary fiber are encouraged. Clean and safe drinking water should be available at all times.
3. Beverages provided in licensed child care settings and First 5-sponsored functions where children are present should be consistent with the Healthy Beverage Bill (AB 2804), which generally allows the following beverage options:
 - One percent or non-fat milk for children two years and older
 - One serving per day of 100 percent juice¹
 - Water
 - No beverages with added sweeteners, natural or artificial

¹Consider serving whole fruit slices in place of 100% juice

Nutrition education resources and food selection ideas are available through First 5 Merced County.

Questions or clarification regarding these nutrition guidelines and any particular circumstances may be addressed by contacting First 5 Merced County staff.