



**Community Action Network
Educational Programs**

Nutrition Policy





Nutrition Policy Overview

There are 3 main concepts incorporated into CAN's nutrition policy that help guide us in how we approach meals and snacks during our educational programs

1

Access to food is a basic need

Nutritious foods are essential for good health

2

3

Eating together provides many benefits





1

Access to food is a basic need

CAN acknowledges that access to food is a basic need and an essential piece of our educational programs. The times, frequency, and format in which food is served varies between CAN sites and each educational program, but **all participants** are fed free of prerequisites.

What, when, where, and how?

These specifics of serving food at CAN's educational programs should vary site by site depending on the community's needs, how long each program operates, or other variables!



CAN sites may choose to serve a meal, snacks, or both so long as participants get enough food and the food served meets CAN's nutritional guidelines.



2

Nutritious foods are essential for good health

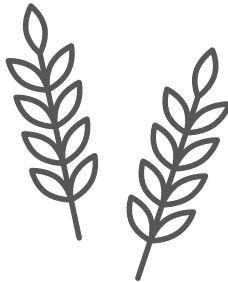
CAN is committed to serving nutritious foods at our educational programs. To do this, we will have available **3 of the 5** main food groups to create a complete meal or snack for our participants.



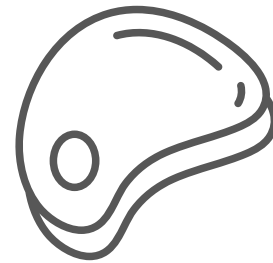
Dairy



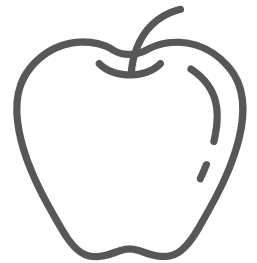
Vegetable



Grain



Protein



Fruit

The majority of the meals and snacks we serve:

Have a **variety** of different types of nutritious foods

Avoid foods with **excess** amount of processed ingredients or added sugar



3

Eating together provides many benefits

At CAN's educational programs, we build specific times into our schedules to focus on eating meals and snacks together. Among many other benefits, spending time eating together strengthens relationships and provides an opportunity for program staff to role model positive behaviors.

Common practices at CAN's meal or snack times:

Staff and participants eat among each other at the same time

Whenever possible, staff eat the same foods that are served to the participants

Participants are involved in some or all of the planning, cooking, serving, and clean-up process

