



MISSISSIPPI STATE DEPARTMENT OF HEALTH

Dear Parents:

The Mississippi State Department of Health (MSDH) has issued new nutrition guidelines for child care centers in our state. We would like to make you aware of the changes that will occur with our nutrition and meal service, as we plan to come into compliance with the new guidelines. Changes will include:

- We want to encourage breastfeeding. We will supply an appropriate place for you to come and breastfeed your infant. Breastfed milk will be served when provided.
- All infant bottles must come into our facility premixed. No powder formula will be mixed at the child care center when a child is on formula.
- Infant cereal must also be premeasured, dry, to meet the needs of each specific infant.
- Infants need breast milk or formula until age 1. Children under 2 years of age will receive whole milk.
- At the age of 2 years, children in our facility will be switched to fat free or low fat milk. Toddlers do not need the extra fat present in milk.
- We will be including more fruits and vegetables in our meals. We ask that you discuss the foods that we are introducing and encourage your child to try all foods.
- We will be adding more whole grain products, such as wheat bread instead of white bread.
- We will be encouraging our children to drink water with meals and snack times.
- Depending upon the how long your child is in our center, he or she may receive a small snack late in the day.

We recognize that Mississippi has the highest obesity rates for adults and children in the United States. We must start making changes with our babies and toddlers. We will be serving healthier meals and snack items to our children, and we hope that you will consider doing this at home as well.

For more information on nutrition, contact the Mississippi State Department of Health at: 1-866-HLTHY4U (1-866-458-4948) or visit our website at: www.HealthyMS.com.