

Looking to help your kids get off to a healthy start? Read how the **Latin American Community Center** in Wilmington, Delaware is transforming nutrition.

The Latin American Community Center has stepped up to the plate to encourage healthy eating.

How did the center make kids' meals and snacks more nutritious?

The center changed their menus, now offering a variety of healthy ethnic foods that kids enjoy. The center doesn't use any products that are fried or have added sugar, and when the center serves bread or rice, it's always whole grain. Kids also get to eat a lot of fresh fruits and vegetables. Providers no longer give heaping portions. Not only are kids eating better, but their taste buds are learning to appreciate and enjoy nutritious foods.



“Parents say that their kids now talk about healthy habits and choose to eat fruits and vegetables as opposed to less nutritious snacks at home.”

- Executive Director, Latin American Community Center

How did the center make sure kids drink healthy beverages?

The center removed soda machines and stopped serving sugared fruit juice. Kids age 2 and older drink low-fat (1%) or skim milk. They also drink water, which keeps kids hydrated best.

Tips for Success

- 1) Opt for healthier alternatives like whole wheat bread instead of white bread. Many nutritious options cost the same as the not-so-healthy choices.
- 2) Keep portions small and age-appropriate.
- 3) Say “so long” to sugary drinks like soda and sugared fruit juice, which are high in calories and low in nutrients. Serve low-fat (1%) or skim milk to kids age 2 and older, water, and 100% fruit juice.
- 4) Don't be fooled by drink labels on the front of juice packages! A label that says “100% Vitamin C” on the front does not mean the drink is 100% fruit juice. Check the nutrition facts on the back to see if the drink is 100% fruit juice.

Check the Label

100% JUICE	
Nutrition Facts	
Serving Size 8 fl. oz. (24 mL)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Potassium 300mg	8%
Total Carbohydrate 22g	7%
Sugars 17g	
Protein 1g	
Calcium 2%	Iron 0%
Vitamin A 4%	Thiamin 6%
Magnesium 6%	Folate 6%
Riboflavin 2%	Niacin 2%
Percent Daily Values are based on a 2,000 calorie diet. Not a significant source of saturated fat, cholesterol or dietary fiber.	
Ingredients: Organic grapefruit juice	

For info about *Let's Move!* Child Care and to read more success stories, visit the *Let's Move!* Child Care website, www.HealthyKidsHealthyFuture.org, created and hosted by Nemours.

Have a story to share? Submit your story at www.HealthyKidsHealthyFuture.org