

Association of Chinese Americans Summer Camp Nutrition Standards

12/11/19

Statement of Purpose:

The Association of Chinese Americans in the metro Detroit location is committed to reducing health disparities and promoting good health for its members. We have a strong commitment to the youth in our community to provide nutrition education and support good nutrition by providing healthier food options. We recognize that programs, such as our summer camp, have a significant influence on the children who attend. Thus, we aim to provide balanced, nutritious meals and snacks at our summer camp that follow the recommendations made in the CDC Food Service Guidelines.

Nutrition Guidelines:

Beverages

- Choose water first! Then low-fat beverages such as low-fat milk or soy milk with no added sugars, or 100% juice with no added sugars.

Prepared Food

- Fruit: can be fresh, canned, frozen, or dried (with no added sugars)
- Vegetables: can be raw or steamed; fried vegetables are avoided
- Lean meats such as chicken breast, pork loin, lean beef
- Plant-based proteins such as legumes (beans and peas), nuts (with no added oils or sugars), seeds and soy products
- Whole grains such as brown rice, whole wheat, and popcorn

Packaged Food

- Choose packaged snacks containing ≤ 200 mg sodium per serving and 0 grams of trans fat.
- Choose packaged snacks with the following:
 - 1st ingredient is fruit, vegetable, dairy product, protein food; OR
 - A whole-grain rich product OR
 - A combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable

AND

- Calorie limit: ≤ 200 calories
- Saturated fat limit: $<10\%$ of calories
 - Exemptions: nut and seed products with no added fat, reduced-fat cheese and part skim mozzarella
- Sugar limit: $\leq 35\%$ of total weight of sugars in food (or ≤ 12 grams added sugar)
 - Take the total weight (grams) of the product and divide that number by the weight (grams) of added sugars in the food

- Exemptions: dried/dehydrated fruit and vegetables with no added nutritive sweeteners, dried whole fruits or pieces with nutritive sweeteners required for processing and/or palatability; products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.
- Example:

Calories < 200

Whole-grain oats

Plant-based protein

Nature Valley
HEARTY & SATISFYING
SOFT BAKED GRANOLA BITES
BLUEBERRY ALMOND
8g PROTEIN

Nutrition Facts
Serving Size 3 Pieces (45g)
Servings Per Container about 5

Amount Per Serving		% Daily Value*	
Calories	190	Calories from Fat	60
Total Fat	7g		10%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Polyunsaturated Fat	1.5g		
Monounsaturated Fat	4.5g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Potassium	100mg		3%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		6%
Sugars	11g		
Protein	8g		12%
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	8%

Ingredients: Whole Grain Oats, Soy Protein Isolate, Sugar, Wheat Flour, Canola Oil, Refiner's Syrup, Almond Pieces, Glycerin, Water, Honey, Dried Blueberries, Egg White, Molasses, Rice Starch, Soy Lecithin, Salt, Cinnamon, Baking Soda, Calcium Carbonate, Natural Flavor, Palm Oil, Blueberry Juice Concentrate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.
CONTAINS SOY, WHEAT, ALMOND, EGG; MAY CONTAIN MILK AND PECAN INGREDIENTS.
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Saturated fat < 10%

Sugar: less than 12 grams sugar

Sodium < 200 mg

- Examples:
 - Dairy:* Low-fat dairy products such as low-fat string cheese or yogurt
 - Fruit:* Unsweetened applesauce cups or squeeze pouches, apple slices and peanut butter
 - Vegetables:* snap peas, carrots, zucchini, celery, cucumber or grape tomatoes with ranch dip or hummus
 - Legumes/nuts:* roasted edamame beans, roasted green peas, or homemade trail mix with nuts, pretzels and dried fruit
 - Whole Grains:* Whole wheat pita pocket with turkey and hummus, Skinny Pop popcorn, whole grain pretzels, whole grain crackers with cheese, whole wheat tortilla with sunflower seed butter and banana

Other packaged snacks: Pirate's Booty® puffed snacks, granola bars whole grain crackers, yogurt (low sugar)

Additional Guidelines for Lunch:

1. Meals will contain a serving of protein, grain, and vegetable at minimum. Water will be provided as the beverage.

Serving sizes for reference (older children may have two or more servings):

Serving of grains = ½ cup rice or ½ cup noodles

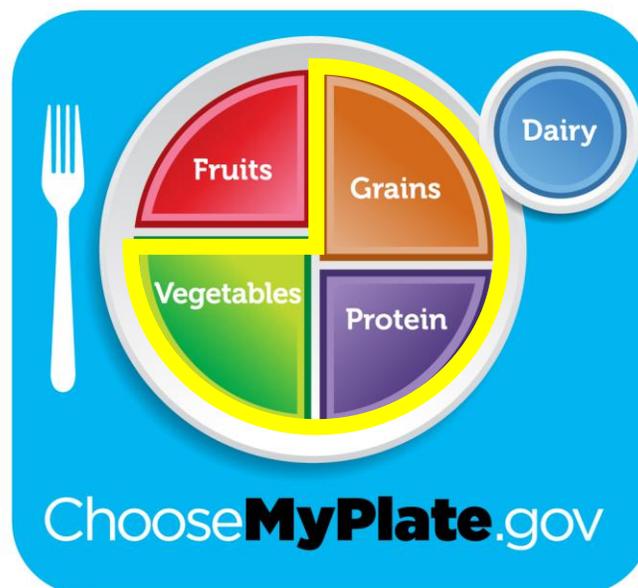
Serving of protein = 3 oz. or deck of cards

Serving of cooked vegetables = ½ cup

Serving of raw vegetables = 1/2 cup

Serving of leafy greens = 1 cup

2. Food allergy information will be collected from the parents and shared with the restaurant providing the meals to avoid any cross-contamination.
3. Meals will be portioned out for the children by the counselors and lunch manager according to the My Plate method, as shown below, including a grain, vegetable, and protein (as shown by the highlighted portion). If fruit is not given in the snack there should be fruit at lunch. On the other hand, if fruit is not in the snack it should be included in the lunch.



4. Older children may have seconds as needed.

Adapted from: Food Service Guidelines Federal Workgroup. Food Service Guidelines for Federal Facilities. Washington, DC: U.S. Department of Health and Human Services; 2017.

https://www.cdc.gov/obesity/downloads/guidelines_for_federal_concessions_and_vending_operations.pdf

Brief Overview of Policy Implementation and Review:

This policy has been approved by the Association of Chinese Americans, Executive Director, and Community Center Managers, as well as the REACH team at Eastern Michigan University, effective.

The policy will be effective March 1, 2020. The ACA Executive Director is responsible for disseminating the policy to the camp director, who is responsible for ensuring that the policy is implemented. Training of all staff involved in the implementation of the policy will be conducted before the end of June 2020. Questions and comments about the policy should be directed to Rachel Bessire, EMU REACH Food and Nutrition Coordinator at rbessire@emich.edu.

The guidelines will be reviewed 6 months after implementation (September 2020) and feedback will be given to EMU REACH to revise any parts of the guidelines that are not feasible or practical for the ACA to implement, or any parts that need to be updated to adjust current practices. Adjustments to the policy will be made prior to January 2021.