FIRST THINGS FIRST
Ready for School. Set for Life.

Food Security
Standards of Practice

The American Academy of Pediatrics recognizes that proper nutrition begins at the supermarket with the foods parents buy and continues in the home as parents prepare and serve meals. Giving children a healthy start with good eating habits promotes his or her lifelong health. A variety of foods provides the nutrients that young children need to build strong bodies and stay healthy. Food also supplies the energy that children need to grow normally, play, learn, and explore the world around them. The American Academy of Pediatrics encourages families to think of their nutritional decisions as *health* decisions. Ideally, all young children and families would have access to healthy food and educational information, but recent studies indicate otherwise. For example, in Arizona as many as 1 in 5 children suffer from hunger, and with the continued economic downturn food pantries have seen demand for food boxes continue to rise.

The problem of childhood hunger is not simply a moral issue. Scientific evidence suggests that hungry children are less likely to become productive citizens. According to the Center on Hunger and Poverty, inadequate nutrition is a major cause of impaired cognitive development, and is associated with increased educational failure, elevated occurrence of health problems, higher levels of aggression, hyperactivity, and anxiety among impoverished children. Therefore, it is important to support young children and their families in the area of nutrition and healthy eating; especially for those experiencing food insecurity.

To support families facing food insecurity, and prevent potential long-term negative effects of under-nutrition in young children, the American Academy of Pediatrics has created a general outline of daily feeding schedules for infants, toddlers, and preschoolers. Food Security Programs who provide food boxes funded through First Things First should work to support families with young children when they lack access to sufficient, safe and nutritious food in order to meet the dietary needs of both young children and parents who care for them.

All Food Security Programs must:

- Coordinate, collaborate and communicate with community partners such as universities, local farmers, schools, food banks, State agencies, Tribal entities, faith based community, and private businesses to ensure that families have information about available food assistance providers in the surrounding area.

- Provide information on comprehensive social services and supports available to families.

- Develop a partnership with WIC (Women, Infant and Children) to help ensure that families who may be eligible could also receive WIC services.

Programs may also help families with:

- Financial literacy education to support families toward independence and breaking the constant state of crisis in which families may find themselves. The Food Security Programs need to utilize a positive, family centered, and evidence-based financial literacy curriculum.

- Other resources including diapers, books, clothing and other appropriate items for children birth through five years of age.

Suggested Daily Feeding Schedule for Infants

Food should only be given if the infant is developmentally ready, as recommended by a health provider. Indicators of readiness may include: infants are able to sit up, they open their mouths when they see a spoon coming towards them, they can move the food from the spoon and swallow without pushing it back out of their mouths, they make chewing motions, they have doubled their birth weight, and they have the ability to reject food (turning head and keeping mouth tightly closed).

Following is a general outline suggested by the American Academy of Pediatrics (measures included in the tables below were converted from metric by the Gila River Indian Community's Nutrition office):

Food Group	1-3 Months	4 Months	5 Months	6 Months	7 Months	8 Months	9 Months	10 Months	11 Months	12 Months
Breast milk	Provides the best nutrition throughout the first year of life. Feed according to baby's hunger cues.									
Formula	18-32 ounces	30-32 ounces	30-32 ounces	30-32 ounces	29-31 ounces	26-31 Ounces	24-30 ounces	22-30 Ounces	20-28 ounces	18-24 ounces
Infant Cereal				4-6 Tbsp.	4-6 Tbsp.	4-6 Tbsp.	¼ -½ Cup	¼ -½ Cup	½ -¾ Cup	½ -¾ Cup
Vegetables				1-5 Tbsp. strained	1-5 Tbsp. strained	¼ -½ Cup strained or mashed	8-10 Tbsp. strained or mashed	½ -¾ strained or mashed	½ -¾ Cup Chopped	½ -¾ Cup Chopped
Fruits				1-5 Tbsp. strained	1-5 Tbsp. strained	¼ -½ Cup strained or mashed	¼ -½ Cup strained or mashed	½ Cup Chopped	½ Cup Chopped	½ Cup Chopped
Crackers, Teething Biscuits, Dry Toast						1 cracker 1 biscuit	1 cracker 1 biscuit	1 cracker 1 biscuit	1 cracker 1 biscuit	2 cracker 2 biscuit
Meat, Poultry, Fish, Tofu, Cottage Cheese, Cheese						1-3 Tbsp strained	1-4 Tbsp strained or ground	2-4 Tbsp ground	2-4 Tbsp ground	1 ounce or ¼ cup ground
Egg Yolk (hard cooked)						1 Tbsp mashed	1 Tbsp mashed	2 Tbsp Mashed	1 Egg Yolk	1 Whole egg

Potatoes, Rice, Pasta,						2-4 Tbsp.	2-4 Tbsp.	2-4 Tbsp.	¼ Cup	¼ -½ Cup
Mashed Beans										

Suggested Dietary Needs for Young Children ages 1 through 5

Following is a general outline suggested by the American Academy of Pediatrics:

Food Group	**Number of Servings** Each Day	**Ages 1-2 years**	**Ages 3-5 years**	**Example Food Item**
Bread, Cereal, Rice, Pasta	6-11	¼ cup dry cereal ½ slice of bread ¼ cup rice ¼ cup pasta	⅓cup dry cereal ½ slice bread ⅓ cup rice or pasta ¼ cup cooked cereal ½ 6" tortilla	Dry Cereal, Whole Grain Bread, Rice or pasta, cooked cereal, 6" tortilla
Vegetables	3-5	1-2 Tbsp.	3-5 Tbsp.	Fresh or frozen, raw, or cooked
Fruits	2-4	¼ -½ apple orange, banana ¼ cup fresh fruit ¼ cup fruit juice	½ apple, orange, banana ½ cup fresh fruit ½ cup fruit juice	Apple, orange or banana, fresh fruit, fruit juice
Milk, Yogurt &Cheese	3 or more. No more than 20 ounces per day	½ cup milk ½ yogurt ¼ cup ice cream 1 oz. cheese	¾ cup milk ¾ cup yogurt ½ cup frozen yogurt or ice cream 1½ oz. cheese	whole milk, yogurt, frozen yogurt or ice cream, cheese
Meat, Poultry, Fish, Dry Beans, Eggs & Peanut Butter	2-3	¼ cup meat 1oz fish 1oz dry beans 1 egg None-peanut butter	½ cup beans or peas 1 egg 1oz. tuna 2 Tbsp. Peanut butter	Cooked or dried beans or peas, eggs, lean meat (tuna), peanut butter

Infant Food Box: Birth to 12 months of age:

Following is a general outline for a 3 day food box for infants only:

Food Group	1-3 Months	4 Months	5 Months	6 Months	7 Months	8 Months	9 Months	10 Months	11 Months	12 Months
Formula	powder formula 1 can →									
Infant Cereal				1 box →						
Vegetables				4 canned or Fresh Vegetables →						
Fruits				4 canned or Fresh Fruits →						
Crackers, Teething Biscuits, Dry Toast						1 box →				
Meat, Poultry, Fish, Tofu, Cottage Cheese, Cheese						½ lb cheese 2 cans of tuna →				
Egg Yolk (hard cooked)						3 eggs →				
Potatoes, Rice, Pasta, Mashed Beans						½ lb. →				

Early Childhood Food Box: 1 through 5 years of age

Food boxes for young children include food for family of 4 with at least one child under 6 years old.

Following is a general outline for a 3 day food box:

Food Group	Options for food items in a food box Ages 1-5 years
Bread, Cereal, Rice, Pasta	Bread one loaf 1 -3 lb bag of rice 2 packs of pasta 1-2 boxes of whole grain cereal 1 pack of yellow corn tortillas
Vegetables	1-2 jars of spaghetti sauce 7 cans of assorted vegetables
Fruits	6 cans of assorted fruits Fresh fruits, 1 quart fruit juice
Milk, Yogurt &Cheese	1 gallon of milk, 40 ounces of yogurt 1 lb of cheese
Meat, Poultry, Fish, Dry Beans, Eggs & Peanut Butter	2 lbs cooked or dried beans or peas 12 eggs 1 jar of peanut butter

Source: "Children's Health Topics" Nutrition Family Community Resources." America Academy of Pediatrics. 2010.

Center on Hunger and Poverty.

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