

Healthy Beverages in Child Care (AB 2084)

Over twenty percent of children between the ages of 2 and 5 are overweight or obese and research shows unhealthy beverages are a big part of the problem. In 2010, California passed legislation to establish nutrition standards for beverages served in licensed child care centers and homes.

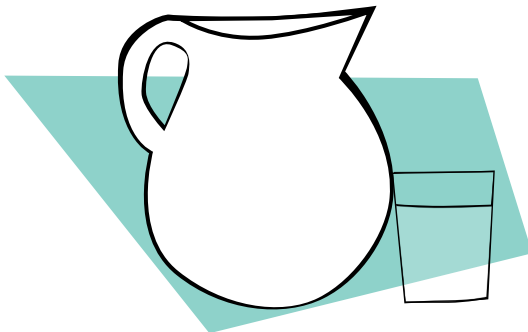
These standards go into effect on January 1, 2012:

Only unflavored, unsweetened, **nonfat** (fat free, skim, 0%) or **lowfat** (1%) **milk** can be served to children over two years of age.



No beverages with added sweeteners, natural or artificial, can be served, including sodas, sweet teas, juice drinks with added sugars, flavored milks, and diet drinks.

A maximum of **one serving** (4 to 6 ounces for 1 to 6 year olds*) of **100% juice** will be allowed per day.



Clean and safe drinking water must be available at all times, including meals and snacks.

*serving size as per *Preventing Childhood Obesity in Early Care and Education Programs*, American Academy of Pediatrics