



THE CHILDREN'S HOUSE

NUTRITION INFORMATION

School provided lunch and snack: Mission Statement. We are devoted to enhancing children's health and well being by providing a nutritious food service program. Our mission is to provide students with an appetizing, nutritious, culturally diverse meal. Because nutrition influences a child's development, health status and potential for learning, we will encourage healthy eating habits through meaningful activity with food in the classrooms.

Nutrition Policy

We offer lunches that meet the USDA Dietary Guidelines for Americans and the Food Guide Pyramid by using the following standards:

1. Include a variety of foods
2. Include adequate foods from the grain, protein, vegetable and fruit groups
3. Include foods low in fat, saturated fat, and cholesterol
4. Limit foods high in sugar content and sodium
5. Omit foods with minimal nutritional value. These foods include carbonated beverages, fruit drinks and aides, candies and chewing gum
6. Monitor student acceptance of meals on an ongoing basis

All school provided lunches and snacks ensure a balance between optimal nutrition and student acceptance. We are committed to the use of high-quality, local and organic ingredients whenever possible. The children are provided with a pleasant eating environment to include adequate time and space to eat school meals, positive supervision and role modeling at meal times. Special menus are offered to children enrolled in the Nido-YCC program. School provided lunches do not contain nut products.

Lunches packed and sent from home should come to school in a standard lunch box or bag. It should include nutritious food and drink. Please do not send candy, sugary desserts or carbonated beverages or fruit drinks in lunches. Lunches **will not** be refrigerated unless requested.

Milk to drink with lunch may be purchased daily for .75.

Some classrooms are designated as a peanut-free environment. Please refrain from sending any peanut products in your child's lunch or birthday snack if you are in a designated class.

For all other students, please clearly and boldly mark the outside of your child's lunchbox if it contains nut products.

We appreciate your diligence in this important matter.

SNACKS

Snacks are served twice a day (morning and afternoon). The snack consists of one grain, one fruit/vegetable, and one protein from the following lists. In an effort to use foods as fresh as possible, choices are made according to the foods that are in season.

Grains: whole grain breads, granola, whole grain pretzels, whole grain tortillas, granola bars, oat cakes, corn d\chips, air popped popcorn

Fruits / Vegetables: any, bananas, apples, pears, berries, pineapple, mango, grapes, carrots, celery, peppers, broccoli, cauliflower

Proteins: bean dips, cream cheese spreads, yoghurt, cheese, eggs

NIDO-YCC NUTRITION INFORMATION

Children are permitted to eat on demand. Parents of children under 12 months of age are required to provide formula and food for their child. The school makes the following provisions to ensure the health and safety of your child:

- Formula is prepared at the child's home and placed in an assembled bottle unit being brought to the school.
- Formula, milk and perishable foods needing refrigeration are refrigerated. Formula is not stored longer than 24 hours after opening. Foods are covered and labeled as to the contents, date of opening, and the specific child for whom its use is intended. Foods other than formula are used or discarded within a 36-hour period after opening.
- Each bottle and nipple supplied by a parent is used for a single feeding only and then returned to the parent.
- Formula and milk left in a bottle at the end of a feeding is discarded.

CHILDREN OVER 12 MONTHS OF AGE

The school provides a nutritious snack in the morning and in the afternoon for all students.

The school does not serve any foods with peanuts or peanut products.