



Extraordinary Education for the price of Ordinary Child Care

## HEALTH & NUTRITION POLICIES INFANT - TODDLER

### Formula

1. Formula will be brought from home in its original, unopened container.
2. Parents will provide clean bottles daily.
3. Staff will mix formula according to the package instruction.
4. Water will be from a source approved by the local health department.
5. Unused bottles will be discarded after one hour and dirty bottles returned to parents to be cleaned.
6. Warming will be done in warm water at a temperature not to exceed 120 degrees, in crock pot, not microwave.
7. Bottles must be labeled with the child's name and dated.

### Breast Milk

1. Expressed breast milk may be brought from home as long as it is kept cold during transport.
2. Fresh breast milk must be used within 48 hours./
3. Previously frozen, thawed breast milk must be used within 24 hours. (Leftover will be sent home)
4. Bottles must be labeled with the child's name and dated.
5. Frozen breast milk will be thawed under running cold water or in crock pot.
6. Warming will be done in warm water at a temperature not to exceed 120 degrees, in crock pot, not microwave.

### Milk

1. Only whole milk is used for children under 24 months who are not on formula or breast milk.
2. Skim milk, 2%, and reconstituted nonfat dry milk will not be served to children younger than 24 months except at the written direction of a parent or legal guardian, **and** the child's health care provider.
3. Children under 12 months will not be served cow's milk.

### **Baby Food**

1. Commercially packaged baby food will be served from a bowl or cup and not directly from the commercial container unless the entire container will be used for one feeding.
2. Solids will be fed by spoon only, not by bottles.
3. Uneaten food in dishes will be discarded.

### **Prohibited Foods for Infants and Toddlers**

1. Popcorn
2. Raw carrots
3. Gummy Fruit Snacks
4. Hard candy
5. Hot dogs - unless halved and sliced
6. Grapes - unless halved and sliced
7. Easy Mac - unless already cooked and in a separate container
8. Nuts
9. Peanut butter/Nutella
10. Chocolate

### **Children with Nutritional Special Needs**

Children with special nutritional needs will have an individual management plan that includes a written description of each child's feeding history, including prohibited foods, and substitute foods where applicable. This will be supplied by the parent, legal guardian **and** the child's health care provider on admission to the program.