



Extraordinary Education for the price of Ordinary Child Care

Health & Nutrition/Snack Policies Children 3 and older

Snacks and Meals

1. Breakfast may be provided by parents. (There are no heat-ups for children 3 and over)
2. Lunch will be provided by parents. (There are no heat-ups for children 3 and over)
3. Morning and afternoon snacks (including two food groups at each snack time i.e. fruit and cheese, or cracker and fresh vegetable) are provided by Early Beginnings.
4. Beverages (milk or juice and water) are provided by Early Beginnings. Parents may send beverages.
5. Children will help set the table, serve the food and clean the table.
6. Children will eat only when seated.
7. Children will eat at a table with other children and a staff member who will guide and encourage, but not force appropriate conversation and eating behavior.
8. Food is never offered as a reward or denied as a punishment.
9. Adults will not eat or drink anything the children are denied in front of them.

Food From Home

1. All food and beverages will be labeled with the child's name.
2. Foods should be sent in a thermos or with an ice pack.
3. Absolutely no peanuts or tree nuts are allowed. Food packaged in plants that prepare peanuts or tree nuts are not allowed. (Refer to package labels)

Prohibited Foods

1. Nuts
2. Peanut butter/nutella
3. Chocolate

Schedule

1. Morning snacks will be served and completed by 10:00 a.m.
2. Lunch will be served between 12:00 and 1:00 p.m.
3. Afternoon snack will be served between 2:30 and 3:30 p.m.
4. There should be a minimum of two hours between meals and snacks and no more than three hours.