

Nutrition Policy

Purpose: To ensure that the children will be served healthy and nutritious food while at the center.

Procedures:

Meals:

Breakfast will be served to all children who arrive at the center before 8:30 AM. Lunch will be served at 11:00 AM. All meals shall offer a variety of foods and shall contain at least 1/3 of the recommended daily allowances.

Caregivers will sit at the table with the children and assist the children while eating. Children will be encouraged, but not forced to eat. Children will not be rushed, but will be allowed to set their own pace for eating. The mealtime atmosphere shall be relaxed and enjoyable.

Milk shall be offered to the children each day. Due to the Special Nutrition Program's Regulations, if children have an allergy to milk, they will be required to provide a physician's statement to the facility.

Snacks:

Mid-afternoon snacks of nutritional value shall be provided to all children at the center between 2:30 PM and 4:00 PM. Snacks will be listed on the main menus.

Menus:

Menus shall be posted, in advance, on the parent bulletin board. Substitutions will be noted on the menu.

Allergies:

If a child has any food allergies, a letter from his/her physician must be kept in the child's file stating what the allergy is to and what type of reactions occur from the food or drink.

Special Nutrition Food Program:

Tender Loving Care Early Learning Center is on the Special Nutrition Food Program. The Food Program enables us to better serve the nutritional needs of the children in our care. There are two forms that are included in your enrollment packet that are required to be filled out and returned with your initial enrollment paperwork. Please see the director for additional explanations or assistance in completing the forms.

Food and drinks which are not available to children will not be consumed by the staff in the children's presence. Please do not permit your child to bring food, candy or gum to the center.