

Child Development Center Nutrition Policy

Infant Class (please see breastfeeding/bottle feeding policy)

- All food, snacks and bottles are to be brought from home and come in factory sealed containers. (Example: baby food jars, liquid/powder formula)
- Powdered formula may be brought in and remain at the center.
- Bottles should be clearly labeled with the child's first name and last initial. We provide colored labels for each infant in the program.
- Food cannot be prepared at the center. We are only able to heat baby food and oatmeal.
- Breast milk may be brought in daily for use. Please label with your child's name and date. Breast milk may not be stored overnight at the CDC.

Toddler Class

- Children are provided a mid-morning and mid-afternoon snack.
- Snacks are served family style and include at least two food groups and include juice, milk or water.
- Children are encouraged to feed themselves and are never forced to eat.
- Lunches are to be brought from home in an insulated lunch box and include the following:
 - A juice box or Sippy cup with milk/juice/water
 - A self-serve lunch (finger foods) that the toddler can feed themselves
 - Hot food may be brought in thermos like containers. We are **not allowed** to warm or heat up food for a child.
 - Please do not send sweets, sugary desserts, sodas, candy, or gum
 - Please be sure to cut your child's food into bite size pieces.
 - No food may be made by the center staff.
 - Please label your child's lunch box and all non-disposable items.

Preschool Class

- Children are provided a nutritious mid-morning and mid-afternoon snack.
- Children are encouraged to try a wide variety of foods during snack time.
- Lunches are to be brought from home in an insulated lunch box and include the following:
 - A small drink – no sippy cups. Do not send sugary drinks or sodas.
 - A self-serve lunch the children can feed themselves
 - Hot food may be brought in thermos-like containers. We are **not allowed** to warm or heat up food for a child.
 - Please do not send sweets, sugary desserts, sodas, candy, or gum
 - No food may be prepared by the center staff.
 - Please label your child's lunch box and all non-disposable items

Special Dietary Needs and Food Allergies

Children with food allergies are respected and welcome in our program. If your child has a severe food allergy, please speak directly to the Program Coordinators to share his/her food and medical needs. A medical form from the child's doctor as well as a Food Allergy Action Plan will be completed. We understand food allergies can be scary for both the child and family and we will do everything to help keep your child safe. Our staff is well-trained on food allergy awareness and safety, administration of an Epi-pen, CPR and First Aid, as well as how to read labels and prevent cross-contamination.

