

Nutrition Policy

Children enrolled in Grandma's House will be provided a balanced homemade morning snack, lunch, and afternoon snack. Menus meet the CACFP nutritional requirements by the USDA, are posted, and are available for review. Menu changes or substitutions may be made on an as needed basis and will be posted. All leftover foods prepared and provided by the center will be covered, dated and refrigerated or frozen for up to seven days. Foods not used in this time frame will be discarded.

Grandma's House Day Care is a **PEANUT/TREE NUT FREE ENVIRONMENT**. Grandma's House will only serve foods (e.g. birthday treats, pot luck dishes) brought into the center if accompanied by a list of ingredients if homemade or by the package label if purchased. Grandma's House will not serve packaged foods whose labels contain any/all of the following:

- "Contains peanuts/tree nuts"
- "May contain peanuts/tree nuts"

Allergies of individual children shall be posted in a prominent place in the food preparation area and on the classroom clipboard. Staff will be made aware of any allergies of individual children. For their safety, children younger than four are not offered the following foods: hot dogs, grapes, nuts, popcorn, raw peas, hard pretzels, or raw carrots.

Parents must provide food for children who require a special diet that meets the CACFP nutritional requirements and replaces the menu item the child cannot eat (for example, a protein is brought in when pork cannot be eaten.) Food brought from home must be labeled with the child's name and date. Nutrient concentrates and supplements will be served only on written instruction of the child's physician and request of the parent.

Food will not be used as a punishment or reward. *Children will be encouraged, not forced, to eat.* Offering a variety of foods will enhance the appetites of the children while supplying one third of their daily-required needs.

Health and nutrition lessons will be taught to the children as part of their curriculum so they gain an understanding of the necessity of eating healthy foods, exercise and an overall healthy lifestyle.