



NORTHWEST FLORIDA STATE COLLEGE

Mary Lou O'Connor Child Development & Education Center

Food Policy and Procedures

Morning and Afternoon snack

The CDEC provides a snack in the morning and afternoon for those children who are in the center at the serving times. The menu for the month will be included in the monthly newsletter and posted in the classroom. Any and all fruits or vegetables the CDEC serves for either AM or PM snack are thoroughly washed before consumption.

Children must finish eating any food from home before entering the CDEC in the morning. It is not appropriate or sensitive to other children for a child to enter the classroom in the morning while still consuming food.

Lunch

**** No heat-ups please, if you would like for your child to have something warm for lunch, please send it in a thermos.** It is the responsibility of the parent to furnish a nutritious lunch. The CDEC will provide milk. The parent must provide at least three items in each lunch. These items include: (1) meat/meat substitute, (2) fruit/vegetable and (3) food from the bread/cereal group. **Keep in mind that when your child is eating in a group environment, all children are influenced by what other children are eating.** In order to encourage good nutrition for all our children, parents are expected to comply with these requirements. Parents will be notified when lunch is not within the requirements. ****Please note, we are currently a Peanut Free Facility!**

Suggestions for Lunch

Fruits: bananas, apples, oranges, grapes, raisins, fruit cups.

Vegetables: celery sticks, carrot sticks, cucumber slices, broccoli, cauliflower

Grains: whole wheat bread, bagels, oatmeal or peanut butter alternative, graham crackers, vanilla wafers, wheat crackers, granola bars.

Protein Sources: ham, chicken or tuna salad, turkey slices, all meat hotdogs (slice longwise to avoid choking), almond butter/sun butter, hard boiled eggs, yogurt, and pudding with real milk

Do not send: Lunch from fast food restaurant, chips, candy, cakes, cupcakes, and other items high in sugar or salt content.

We caution parents to read the nutrition facts on each food item you purchase for your child's lunch. Many prepackaged foods are extremely high in sodium. For example the packages that include crackers, meat, cheese, etc. provide well over half of your child's daily allowance for sodium.

FOOD RESTRICTIONS FOR CHILDREN UNDER 4 YEARS OF AGE

No children under the age of four years old will be served the following foods even when they are brought from home. These foods present choking hazards to young children: hot dogs (whole or sliced into rounds, can be served if cut lengthwise), whole grapes (must be sliced in half), nuts, popcorn, raw peas and hard pretzels, spoonful's of peanut butter, chunks of raw carrots or meat larger that can be swallowed whole.

Food Allergies

All allergies, food and other, should be listed on the enrollment form. We operate under the rules and regulations of the Department of Children and Families Licensing Office and the NAEYC Accreditation criteria. Therefore, snacks and meals must meet the requirements of each of these agencies. If your child has a food allergy, we request documentation from a physician. If the allergy is to milk or fruit juice, please provide an appropriate alternative (soy milk, almond milk, etc.) Kool-aid, soft drinks, and other sugary drinks are not acceptable and will not be served even when brought from home. If a note from a physician is not provided, we are required to offer your child milk at lunch and milk or 100% fruit juice at snack.

Family Food Preferences

It is the responsibility of the parent to inform the program in writing of any special food preferences (i.e. vegetarian, no pork, etc.)

Food for Celebrations/Special Events

The CDEC does not accept foods from home to be served to groups of children. It is also a recommended practice by the National Association for the Education of Young Children (NAEYC). All foods served to groups of children will be provided by the CDEC.

Special Food Experiences

As a part of our curriculum, we occasionally involve the children in the preparation of a special snack such as friendship fruit salad, stone soup, pumpkin pie, etc. These foods are served as the snack of the day or as part of lunch.

PLEASE INITIAL BY EACH STATEMENT AND SIGN ON THE SIGNATURE LINE.

_____ I have read and agree to comply with the CDEC food policy.

_____ My child (circle one: has my permission OR does not have my permission) to participate in simple food preparation activities.

(Printed Child's Name)

Parent Signature

Date

