



Nutrition Policy

(June 2020)

Nutrition is an important part to children's health and growth. In accordance with the USDA Food Program and the Fit Kids Program, the children in our care will be provided a healthy and nutritious breakfast and afternoon snack. The following information is being provided to establish an understanding of nutrition at Creative Early Learning Center, Inc.

Creative Early Learning Center agrees to provide a nutritious:

Breakfast
Afternoon Snack
Milk at Breakfast and Lunch

Creative Early Learning Center is a nut free facility. Please do not bring in any nuts and products containing nuts.

Parents will need to provide lunch (temporarily) and /or snacks because of a **special diet for medical or religious restrictions...**

1. A Child Medical / Physical Care Plan must be filled-out for allergies.
2. Lunch must include the recommended USDA nutrition guidelines of protein, grain, fruit and dairy groups as listed below.

A. Meat/Poultry/Fish 2 oz.
Or cheese 2 oz.
Or eggs 1 egg
Or dried beans or peas ½ cup

B. Fruits (2 or more) ½ cup
Or vegetables ½ cup
Or fruits & vegetable ¾ cup total amount and vegetables must equal ¾ cups

C. Bread 1 slice

D. Butter 1 tablespoon

E. Milk 1 cup – 8 oz. *(Creative Early Learning Center will provide)*

- PLEASE BRING YOUR CHILD'S LUNCH IN A LUNCH BOX THAT WILL KEEP THE FOOD AT A SAFE TEMPERATURE
- LUNCH BOX WILL BE STORE IN THE CLASSROOM
- FOOD WILL NOT BE ABLE TO BE HEATED OR MICROWAVED
- CONTAINERS/UTENSILS WILL NOT BE WASHED
- PLEASE PLAN ACCORDINGLY
- DISPOSABLE ITEMS RECOMMENDED

