

## Nutrition Plan

We at Little Monkeys Child Care believe eating healthy is important for children, and we can help your child learn about and enjoy lots of good foods each day. Our menu is planned to provide meals and snacks that meet federal and state rules and guidelines. Children are able to enjoy foods that will help them grow and learn to pick foods that will help them live a healthy life.

### **Food Services**

The following information is available to both families and staff:

#### **General Information**

- Our program provides Breakfast, morning snack, lunch, afternoon snack, dinner, evening snack to children during program hours.
  - These are provided at the following times:
    - Breakfast 7:30 am & 8:30 am,
    - morning snack 10:00 am,
    - lunch 11:45 am,
    - afternoon snack 2:30 pm & 4:00 pm,
    - dinner between 5:30 pm & 6:30 pm,
    - evening snack 8:00 pm
- Our program assures meals and/or snacks are nutritionally sound by participation in the Child and Adult Care Food Program [CACFP].
- Our program provides a supportive, attentive and accommodating environment for children with food allergies or special dietary requirements.
  - All care givers/teachers/staff have received training in food allergy/sensitivity issues.
  - Food alternatives will be identified with parents, and be kept readily available where food is prepared.
  - A plan will be developed with parents as to how food alternatives will be made available (provider purchased, parent purchased).
  - Parent emergency information will be kept updated as well as related medical records and changes in child's treatment plans. A form will be provided that the pediatrician fills out specifying which foods to substitute.
- Food is prepared on site in the kitchen.
- Our menus are posted so that families can see them. We can provide written communication in other languages for families enrolled where English is not their spoken or primary language.
- Clean, sanitary water is available to children throughout program hours. Children are provided with their own colored glass which is left where the child can reach and have access to water all day. Water is not substituted for milk when milk is a food/meal requirement.

- Our policy does not allow for families to bring food from home. Unless the child is an infant on formula. The formula must be in its original container with the child's name clearly written on it.
- Holidays and birthdays are meaningful and fun. We encourage families to share in ways that are reflective of their traditions and are enjoyable for the children. We do encourage families to bring nutritious treats that are purchased from a licensed food provider rather than being homemade; we need to make sure food is safe for children who may have food allergies or sensitivities. Families need to make arrangements with the director so that choices of food can be agreed upon.

#### For Infants

- Infants are fed on-demand 0 to 5 months, at regular times of the day 10-12 months, or a combination of the two depending on age 6 to 9 months.
- Prepared bottles are labeled with the child's first name, date, and contents, and capped.
- Infants are always held for bottle feeding; bottles are never propped.
- A plan to introduce age-appropriate solid foods (complementary foods) to infants is made in consultation with the child's parent/guardian and primary care provider. We follow CACFP requirements to introduce solid foods; these guidelines are available for staff and parents to review.
- Our program welcomes breastfeeding families. Breastfed babies do not receive food or drink (other than breast milk) unless indicated. Parents are asked what they want the done if mom will be late and their baby is hungry or the supply of breast milk is gone.
- Our program communicates with parents about how/what their infants ate through open communication via text messaging/messenger and/or talking to the parent.

#### For Toddlers, Preschool Age, and Older Children

- Our meals are served family style. Staff sits and eats with the children, enjoying the same foods the children are eating. Children are encouraged to help with meals in age appropriate ways.
- Scheduled meals and/or snacks are available to all children enrolled and present.

#### **Nutrition Education**

Children receive nutrition education from reliable sources that reflect standards upheld by CACFP and the USDA. The children are given opportunities to understand why eating healthy is important, and to learn to form healthy eating and activity habits.

- Nutrition information is shared through: Books, daily activities, and meal times.

Families are also provided nutrition education through such things as learning activities, community events, informational brochures, etc.

Nutrition education also includes opportunities for our program to learn about the prevention of childhood obesity, basic principles of child nutrition and healthy eating habits and experiences. We share this information with parents as well.