



Where we care, **LOVE**, respect, and educate.
Know who you are. Identify your character. Become someone who cares and helps others

Food and Nutrition Policies

Policy Statement

Good nutrition is vital to children's overall development and well-being. In an effort to provide the best possible nutrition environment for the children in our facility, **Smartufts's Academy** has developed the following child care nutrition policies to encourage the development of good eating habits that will last for a lifetime.

Child Care Nutrition

Smartufts's Academy follows the child care nutrition guide lines recommended by the USDA and the CACFP (Child and Adult Care Food Program) for all the foods we serve. To provide a healthy and balanced diet that includes fruits, vegetables, and whole grains and limits of foods and beverages that are high in sugar, and/or fat, our nutrition policy includes the following:

Fruits and Vegetables

- We serve fruit at least twice a day.
- We offer a vegetable other than white potatoes at least once a day.

Grains

- We serve whole grain foods at least once a day.

Beverages

- We limit juice intake to once per day in a serving size specified for the child's age group. When served, the juice is 100% fruit juice.
- We do not serve sugar sweetened beverages.
- We only serve skim or 1% milk to children 2 years and older.

Fats and Sugars

- High fat meats, such as bologna, bacon, sausage, are served no more than two times per week.
- Fried or pre-fried vegetables, including potatoes, are served no more than once per week.
- We limit sweet food items to no more than two times per week.

Role of Staff Nutrition Education

- Staff provides opportunities for children to learn about nutrition 1 time per week or more.
- Staff acts as role models for healthy eating in front of the children.

Meal and snack times are planned so that no child will go more than four hours without being offered food. We provide a variety of nutritionally balanced, high-quality foods each day so please do not send your child with outside food and drinks.

Weekly Menus

Our weekly menus are carefully planned to follow child care nutrition guidelines at every meal. Each menu is designed to provide a wide variety of nutritious foods that are different in color, shape, size and texture. All of our child care menus include foods that are culturally diverse and seasonally appropriate. We also like to introduce new and different foods and include children's favorite recipes in our menu planning. Menus are rotated on a monthly basis to provide the children with a balance of variety and familiarity. Menus are adapted to incorporate local and fresh in-season produce when available.

Regarding Allergies

Food allergies are becoming more common among infants and young children. It is important for us to work together to provide a safe environment for your child. I am experienced in regarding intergradient list of accommodating special lists and accommodating special diets, however since we have no way of knowing what happens when your child is at home, we rely on the parent/guardian to keep us updated about any changes in the child's allergies.

To help keep your child safe, please provide us the following information and materials, and update them as necessary:

- Verification of food allergy and its level of severity, signed by a doctor.
- Complete and current health and medication forms.
- Updated emergency contact numbers on file and on the attendance form.
- A doctor's order for EpiPen, and/ or any other necessary medications.

Accommodations for food allergies will be made on a case-by-case basis. If the allergy is not severe or life-threatening, reasonable substitutions will be made to the menu. If the allergy is severe and life-threatening, the specified foods will not be served. In case of an allergy so severe that is dangerous for the child to come into contact with small amounts of food or breathe in its odor we will take responsible precautions to prevent an allergic reaction, with the understanding that complete protection is not possible. Food allergies are posted in the kitchen; confidentiality of the child's allergy shall be maintained.

*****We are a peanut free center*****

Special Diets

If your child has religious or lifestyle dietary restrictions, we will make reasonable adjustments to the menu in order to accommodate his/her needs. For example, a vegetarian child may be offered meatless spaghetti sauce while the other children have meat sauce.

If the parent/guardian chooses to provide alternative foods such as soy milk, lactose-free cheese, these must be labeled with the child's name and date opened. If you choose to send an entire meal with the child, the meal must follow USDA requirements for child care nutrition. If your child is not able to follow the USDA child care nutrition guidelines due to special dietary needs, we are required to have a written doctor's order to follow. Please do not send gum, candy, or other foods to **Smartuft's Academy** without prior arrangements.

Celebrations

A well-balanced child care nutrition plan includes occasional treats, and what better time for treats than a Birthday or Holiday? Birthday and Holiday treats help make these days even more special for the children.

Although we greatly appreciate it when parents send in treats, it is not necessary. If you wish to send a special birthday or holiday treat please speak to any staff ahead of time, and keep nutrition in mind when deciding on a treat. Individual 100% juice boxes, party mixes, snack crackers and fruit snacks are all favorites of the children and healthier alternatives to traditional party food. If you are unable to send a birthday treat, we will provide one so that we can celebrate your child's birthday together.

Nutrition and Punishment

Smartuft's Academy staff will never use food as a punishment.

Professional Development

Annual nutrition is required to ensure that all staff members understand the important role nutrition plays in the overall well-being of the children.

I have received a copy of the **Smartuft's Academy** Food & Nutrition Policies

X _____
(Child's Name)

X _____
Parent/Guardian Signature

Date: _____

X _____
Director/Assistant Director Signature

Date: _____