

# LOTUS PRESCHOOL & STUDIO

## NUTRITION POLICY

### POLICY STATEMENT

Good nutrition is vital to children's overall development and well-being. In efforts to best provide the best possible nutrition environment for the children present in our care Lotus Preschool & Studio has developed the following child care nutrition policies to encourage the development of good eating habits that will last a lifetime.

### CHILD CARE NUTRITION

Lotus Preschool and Studio follows the child care nutrition guidelines recommended by the USDA CACFP (child and adult care food programs) for all the foods we serve. To provide a healthy and balanced diet this includes fruits, vegetables, whole grains, and limits foods and beverages that are high in sugar and/or fat, our nutrition policy includes the following:

#### **Fruits and Vegetables**

-Please include at least one fruit or vegetable in your child's lunch

#### **Grains**

-Please include whole grains: no chips

#### **Beverages**

-Please only send water, no juice or pop is allowed in our environment

#### **Fats and Sugars**

-Please do not send any sugary food or candy: no fruit snacks, no lollipops, chocolate, etc.

#### **Role of Staff in Nutrition Education**

-Our staff acts as role models for healthy eating in front of children

**Ideas for lunches:** Turkey Roll up, pretzels, cheese stick, cucumber slices and grapes. Whole grain waffle with peanut butter, apple slices and yogurt. Hummus and pretzels, carrot sticks, raisins and cheese cubes.

\*Please let us know if you need help with different ideas of what to pack your child.

Meals 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 each day so please do not send your child with high fat or sugary content.

## NUTRITION AND PUNISHMENT

Lotus will never use food as a reward or punishment

## CELEBRATIONS

From birthdays to holidays there are many opportunities for celebrations in our environment. Birthday celebrations will be held based upon the day that is agreed between the teachers and caretaker of the child. We request that you not send in treats or goody bags but instead send in a birthday book or art project revolving around that child. For holiday celebrations there will be a sign-up sheet with specific foods and beverages that will be placed on the clipboard.

***My signature below indicates that I have received a copy of the nutrition policy, it has been reviewed with me, and I have read and understand this policy.***

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name of

Child: \_\_\_\_\_