

Krieger Early Childhood Center
Alternate Nutrition Agreement

Food affects a child's growth, energy, attitude, intelligence, general health and behavior.

One of the many new experiences provided for children in group child care is learning to eat new foods. Children develop tastes and learn to enjoy a variety of foods through experimentation. Your child will be encouraged, but not forced, to try new foods. Our policy is not to "police" children while they are eating. In other words, the teacher will allow the child to eat any food or beverage in their lunch box, in the order that they choose. This should pose no problem if parents are mindful to provide nutritious lunches. Each lunch should contain food from all four food groups: protein, grains, fruits and/or vegetables and dairy. Please honor our "no candy" policy*. Please save candy for a home treat.

Our school will provide a daily snack which will contain nutritious food items: fresh fruits and vegetables, protein and whole grains.

As a faith-based school, during the Passover holiday, each child will receive a Kosher for Passover food list. We ask that all children bring in only the foods that appear on the list in an effort to help us maintain our religious dietary restriction of no leavened bread, crackers, cookies or grains during Passover.

Parents are encouraged to bring in healthy snacks for birthdays and other special events**. However, please note that ALL food items must be store bought and in original, unopened packaging. Our childcare licensing agency along with the Department of Health will not permit homemade items.

*Candy is classified as any candy or sugar related item found on the "Candy Aisle" of your supermarket.

**Special treats will be served during Holiday and special program celebrations.

CHILD _____

ALLERGIES _____

I have read and understand the Alternate Nutrition Guidelines of the Early Childhood Center.

PARENT'S SIGNATURE _____

DATE _____

DIRECTOR'S SIGNATURE _____

DATE _____