

Food & Nutrition Agreement

(UPDATED OCTOBER 2021)

The CLC does not provide meals or snacks. Refrigerators are available in the classrooms of children/infants through 0-23 months old. Ages 2 and up will need to have something in their lunch container to keep their food cold if items are sent that may spoil. Please label or separate items that are intended for lunch vs. snacks, and specify AM/PM snacks if necessary. **The CLC is not responsible for the nutritional value of food brought from home or for meeting the child's daily food needs.**

CHILDREN OVER AGE OF 2 YEARS

BREAKFAST: Breakfast is not provided by The CLC. We recommend you feed your child a healthy breakfast before arrival. Not eating breakfast, eating sugary items, and drinking juices or drinks high in sugar for breakfast or having candy before coming to school causes children to have difficulty focusing, hinders their ability to learn at their potential, and affects their behavior.

If your child (ages 2 & up) brings food to eat for breakfast, it must be eaten before 8:30 AM. After that time children will not eat in the classroom except at designated snack and lunch times.

SNACKS: Snacks are not provided by The CLC. Each classroom from ages 12 months and up have designated times of the day for snacks. The food sent by parents for snack times will be offered according to the time scheduled for snacks for each classroom. Please send healthy, non-sugary items for snacks.

LUNCH: Lunch is not provided by The CLC. Children who are at the CLC through lunch time must bring a lunch. Refrigerators are not available for lunches (2 yrs. & up). **Please include utensils if needed each day.**

Healthy foods are highly encouraged as it will contribute to your child's success through the day and long-term health. Dessert items may be withheld and not offered to the child until they eat a majority of the main course.

Certain food items that may cause allergic reactions may be restricted if a child in the classroom has a severe food allergy.

Drinks without added sugars are suggested for lunch (milk, 100% juice, water). **Please do not send soft drinks or caffeinated drinks.** Water is served with lunch, and if a drink is included in the lunch from home, it is served in addition to that drink.

If a child doesn't eat all items in their lunch, non-perishable items will be sent home. Partially eaten foods may be thrown away.

WATER: Each child must bring a water bottle or sippy cup each day, labeled with their name. Water must be served with all snacks and lunch and be available throughout the day.

PLEASE SIGN PAGE 2 →

INFANTS & TODDLERS (UNDER AGE 2)

The CLC does not provide formula/milk/food for children under 2 years of age. Formula/milk/food must be provided each day by the parent/guardian.

The CLC is not responsible for the nutritional value of food brought from home or for meeting the child’s daily food needs. However, healthy foods are highly encouraged as it will contribute to your child’s success through the day and long-term health.

As toddlers are able to feed themselves finger foods, please send foods they are able to pick up and feed themselves (rather than foods that need to be spoon fed). While feeding themselves, children use fine motor skills and learn self-help skills that build a child’s self-esteem.

Foods to avoid that present a risk of choking especially to young children:

hot dogs sliced into rounds, whole grapes, hard candy, string cheese, nuts, seeds, raw peas, dried fruit, pretzel sticks, chips, peanuts, popcorn, marshmallows, spoon-fulls of peanut butter, chunks of meat larger than can be swallowed whole

Child’s Name: (Last) _____, (First) _____ (MI) _____

Parent/Guardian Signature _____ Date _____

**By signing above, I am stating that I have read and understand the CLC Food & Nutrition Agreement*