**NUTRITION**

Parents should send a nutritionally balanced meal in a lunch box with their child’s name on it or in a child safe container (no glass). Parents must put an ICE PACK in the child’s lunch box per Health Department regulations. The Children’s Playhouse adheres to CACFP recommendations.

The Children’s Playhouse encourages parents to provide healthy and nutritious lunches for their children. The program provides two snacks for the children daily. With guidance from (CACFP) requirements. Please do not send any candy, soda or excessively sweet foods in with your child’s lunch. Please try and limit juices, instead send in milk or water. Lunches should be nutritious (I.e. fruits, vegetables, milk or pure fruit juice) and contain a protein source like yogurt, cheese, egg, or meat. There should be little or no sugar. Microwaves are available in the classroom for heating lunches

During the Summer months - Lunches will not be heated due to outside picnic style dining.

You will be notified during that time when cold lunch begins.

Special Diets or food allergies are posted in each classroom. In addition, a form is given to you during enrollment to be completed about allergies that your child may have. Identification and documentation of nutritional needs are kept on file and posted using initials in all classes.

We make every effort to reflect cultural and ethnic balance in our snack menus.

During the first week of school a nutrition survey is given to you for completion and subsequent information is handed out during the year regarding children nutrition.

Our school celebrates National Nutrition Month in March.

We are a Peanut Free School!

We do not allow the following:

* Popcorn
* Caffeinated drinks (soda, coffee, iced tea, etc...)
* Soda
* T.V. Dinners
* Easy Mac meals
* Candy

**FOOD SAFETY**

The Children's Playhouse uses the USDA guidelines for safe food handling. Food service gloves are used when any food is prepared or heated up on the premises. Hands are washed before and after the food preparations process.

Staff will discard any food that is expired. Food that is in commercial packaging and had been opened will be discarded if it has not been eaten. Food send in a bag that can be resealed will be allowed to be taken home.

For special occasions, such as birthdays, when food is brought in, it must either be whole fruits (uncut) or commercially prepared packaged foods in factory – sealed containers with the nutrition and ingredient labels attached.