



Food Policy: Infant Room (Infants - 2 years)

All Bottles, Snacks, and Lunches must be properly labeled with your child's name and date. Food and drinks must be put directly into fridge or given to teachers first thing in the morning and may never be stored in cubbies. Our goal is to have your children learn self-feeding skills beginning at 12 Months while making sure all of their dietary needs are met at all times.

Snack:

We offer snacks to those children able to feed themselves, including cheerios, graham crackers, and saltines. Please feel free to bring in additional hand-held snacks – quartered fruits and sliced vegetables, teething crackers, thick-style yogurt, etc. We are a Nut-Free Facility.

Drinks:

Mothers will always be allowed to breast-feed their infants at the facility. Breast Milk must be stored in labeled bottles with specific instructions on feeding. Formula may be brought in original containers or pre-mixed in labeled bottles. *All bottles (empty and full) must be labeled with child's name and date.*

When children are no longer on Formula, we will provide Whole Milk and Water with meals. If your child requires additional types of milk, we can store those in our refrigerator, properly labeled for up to one week. Your child should be fully transitioned out of bottles by the time they are 12 months. We suggest introducing a Sippy cup to your child between the ages of 6-12 months. Upon graduation from the Infant Room, children will be allowed to use their Sippy Cups (no bottles) for a period of 2-6 months until they transition to 4 oz. portion cups.

Please make sure all Bottles and Sippy Cups are brought to the Center labeled with your child's name and the day's date.

Lunch:

All Table Food must be labeled with name, date, and type of food (if not commercially produced.) Opened and uneaten jarred food will be returned at the end of the day. We are able to heat your child's food in our crockpot only, so store food in water-resistant containers. Please make sure all food observes healthy nutritional standards.

We strongly encourage independent eating *once a child has shown the ability to self-feed, generally beginning between 6- 12 months*. Please provide semi-solid and soft-solid foods that allow your child to pick up with their fingers or independently use a spoon. Liquid/pureed foods are difficult for your child to maneuver into their mouths. Recommended foods include: cooked and cubed vegetables, cut fruit and berries (grapes and large berries must be quartered), cooked peas, shredded cheese and meats, cooked grains and pasta. Ask to see a list of suggested First Table Foods.

Children as early as 12 months may be ready for School Lunch, please consult with staff on your child's readiness. We offer single service lunches catered by Fairfax Food Service (www.ffsfood.com) at an additional weekly cost. This payment may be included with your tuition payment. Monthly menus are posted on the boards and can be accessed on their website (using the code: YCP1)

Items not allowed:

- Gum, Candy, Chocolate, Soft Drinks, Fruit Juices
- Nuts of any kind – we are a Nut-Free Facility



Suggested Table Foods/Beverages to promote Self-Feeding for Toddlers

Suggested for children 6 -12 Months and older, or those deemed ready by both parents and staff. Always consult with a Physician if you have specific questions about your child's diet, including nutrition and potential allergies. Children are generally ready to try table foods once they have a strong grasp and are able to comfortably bring items to their mouth.

Recommended foods are meant to foster Self-Feeding Skills. Staff will encourage children to use their hands or feed themselves with a spoon. Foods should be soft and easily gummed/chewed. Size of food should allow for easy pick-up with fingers. All food must be sized to prevent choking. Pureed foods should be phased out before a child turns 12 months. All foods/beverages will only be served at a table and never when children are moving around to promote good eating habits and decrease risk of choking.

Soft-Cooked/Steamed:

Sliced Carrots (if using Baby, please quarter lengthwise)

Green Beans, Sugar Snap Peas, etc.

Asparagus

Broccoli and Cauliflower Florets

Green Peas, Edamame, Corn

Cubed or sliced Sweet Potatoes and White Potatoes

Cubed or sliced Squash (Firm varieties like Butternut and Acorn)

Raw:

Sliced Avocado

Sliced Banana

Cubed or thinly sliced Pears, Apples, Peaches, Plums

Quartered Grapes and Cherries

Sliced Berries (Strawberries, Blueberries, Blackberries, Raspberries)

Orange Wedges

Cut Melon, Papaya, peeled Mango

Sliced Cucumber or Summer Squash

Other:

Shredded Cheese or String Cheese

Small Pasta (Farfalle, Rigatoni, Penne, Cut Spaghetti)

Brown and White Rice (slightly over-cooked)

Cooked Grains (Bulgur, Quinoa, Oats, etc.)

Cubed Tofu (Soft and Firm)

Cooked Beans (Garbanzo, Kidney, Black, etc.)

Shredded or Cut Protein (Chicken, Lean Pork, Fish, etc.)

Cooked Ground Meats (Beef, Pork, Turkey, Chicken)

Boiled or Scrambled Eggs (Egg Whites should be served after 12 months)

Sliced Bread, Flat Breads

Beverages:

Your child should be fully transitioned out of bottles by the time they are 12 months. We suggest introducing a Sippy cup to your child between the ages of 6-12 months. Bring two (2) labeled Sippy cups, one for water and one for milk for your child to use throughout the day. Cups will be placed in your child's bag to be washed and returned the following day. We do not serve juice to children.

Foods to avoid:

Honey

Hot Dogs

Nuts (not allowed at the Center) Popcorn

Shellfish, consult with your Dr. Cow's Milk (until after your child turns 1)

Known Allergen Foods Juice



Food Policy: Ages 2 -5

We believe the food experiences your children encounter here help to promote good eating habits. These include table manners and the introduction of new and nutritious foods through shared eating – please help reinforce these practices in your home. Please, no bibs - children will no longer use them when eating.

Snack:

We serve a nutritious morning and afternoon snack - check the board for a list of all snacks served.

We ask that once your child graduates from the Infant room that you do not provide any additional snacks from home. If you would like to store snacks for your commute home, you may place them in your child's cubby in an insulated box. Speak directly with the Director if you have specific concerns or questions about this policy.

Drinks:

We offer both Whole Milk and Water during lunch and snacks in 4 oz. portion cups. Children are encouraged to use cups – young toddlers will be allowed to use their Sippy Cups for a period of 2-6 months until they transition to 4 oz. portion cups. If your child requires additional types of milk, we can store those in our refrigerator, properly labeled (with child's name and date) for up to one week.

Lunch:

We provide single service lunches catered by Fairfax Food Service (www.ffsfood.com). If you would like your child to have a hot lunch, there will be an additional cost of \$11.60/per week. This payment may be included with your tuition payment. Monthly menus are posted on the boards and can be accessed on their website (using the code: LK02.) Catered meals are nutritionally balanced in accordance with USDA guidelines – for this reason, we ask that you do not send supplemental food for your child's lunch.

If you choose to bring in lunches from home, they must be stored in an insulated box, properly labeled with child's name and date. Place lunch containers on the counter in the Food-serving areas/kitchen, and please note that we are not able to heat any meals brought in. All meals must be stored in a single container – our suggestion is to use Tupperware with multiple, internal compartments with tight-fitting or snapped lids. All containers must be kept clean and free of food particles and stains (and washed at least once a week.) Please make sure all food from home maintains healthy nutritional standards.

Misc.

Celebrations:

We are happy to celebrate Holidays and your child's birthday at school. If you wish to bring in a special treat, please make arrangements in advance by emailing the Director the date with desired items. Please wait for confirmation before bringing in outside treats.

We welcome baked goods, fruits, vegetables, pretzels, cheese, and other nutritional items. Home-baked goods must be accompanied with an Ingredient List and store-bought goods must come in their original packaging with visible ingredient list.

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