

HOBOKEN DAY CARE 100

FOOD MENU PROGRAM NOTES

The updated CACFP meal patterns lay the foundation for a healthy eating pattern for children in care.

These best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants' consumption of vegetables, fruits and whole grains, and reduce the consumption of added sugars and saturated fats.

The only exemption permitted to the food program guidelines are for children who have specific food allergies as documented by a medical professional. We must have a copy of this on file as well as a Food Allergy Care Plan.

For children with food allergy restrictions menus will be sent home weekly and parents **must** let teachers know which foods on the menu their child is permitted to eat.

For children with no allergy restrictions parents may substitute only **ONE** component per meal. For example, if you do not want your child to consume chicken nuggets you may substitute something from home for that particular component but the child must be served the other meal components for that specific meal. If you do not want your child to eat the fruit we are serving you may substitute fruit from home for that meal.

If you will be substituting a component, you must inform teachers that morning of the substitution that is being made. Please send in the substituted food in a labeled container with specific instructions. Please do not send in glass containers. Also, we will no longer be storing children's personal food products at the daycare with the exception of personal milk products such as Lactaid, etc. Please send in substitutions daily.

Children 0-6 months must be exclusively fed breast milk or formula. No solid foods/cereals will be provided to your child at the daycare.

Parents should try and wean children from bottles between 12-14 months. Toddlers no longer need the bottle for nourishment. Now that they are eating more food products they should not be as reliant on milk. Another concern is cavities. A child drinking too much milk may also be at risk for obesity. Bottles will no longer be permitted beginning in the toddler (18 month class) starting in October as well. We will help you make the transition from bottle to sippy cup.

If you have any questions about the Food Menu Program please contact me and I will do my best to answer your concerns.