

Healthy & Nutritious Meals/Snack Policy

Themba Creative Learning Center provides nutritious breakfast/snacks and milk as part of your child's program. In addition, parents may decide to participate in a hot lunch program provided by Smart Lunches Catering Company or bring a healthy lunch from home.

Themba CLC promotes healthy eating habits and a positive attitude about food. Serving healthy food at preschool sets an excellent example for children and can be simple to prepare. Try to include at least two food groups for variety and balanced nutrition. Snacks and meals should be low in fat and sugar. Drinks may include milk, water, or 100% fruit juice.

Themba CLC is a nut-free school. Please check labels accordingly, and DO NOT bring snacks/meals containing nut products.

Prohibited Foods

The following potential hazards may not be included in children's lunches sent from home: hotdogs (neither whole nor pieces), nuts, popcorn, raisins, raw peas, corn, raw carrots, hard pretzels of any size, or whole grapes. Meat must be cut in a portion that can be safely swallowed whole.

**** Please see birthday celebration Guidelines about prohibited foods****

Also, please do not send drinks in glass bottles to prevent injuries from breaking glass. Juice boxes are accessible for children; "Capri Sun" foil containers are not.

Suggested food items are:

fruits & vegetables with low-fat dips, 100% juice, tortilla chips, and salsa, yogurt, fruit muffins, animal crackers, mozzarella string cheese, multi-grain chips, pretzels, pita bread chips, rice cakes, granola bars/no nuts, bagels, cereal bars, oatmeal meat, dry beans.

Themba will not allow junk food, including birthday cake or fast food, to be consumed in the facility. Please serve your child any fast food or junk food products before entering the center. Sodas are not allowed in the center.

Please do not send candy. A child with candy in her lunch will be asked to place it back in her cubby/lunchbox until pick-up time. Teachers ask that on rare occasions, when you bring food from a fast-food establishment, you take the toy and food out of the bag and present the food separately on a plate. The bag and the toy can be kept in your care until you pick up your child at the end of the day.

References: USDA Child and Adult Care Food Program/NAC Accreditation