**Nutritional Information For Parents**

**(when packing your child’s lunch and snacks)**

WillowBee Childcare and Learning Center has the responsibility to promote good nutrition for your child while they are in our care and we should provide your family with current information about healthy eating.

Each family should follow the portion sizes for meals (handout included with this letter) for their child’s breakfast, lunch and snacks when packing.

**Breakfast** should include: milk, juice/fruit or vegetable, and grain/bread/cereal (1 serving of each)

**Lunch** should include: meat (1 serving), **fruit or vegetable (1 serving of each or 2 servings of one)**, grain/bread/pasta (1 serving), and milk (1 serving)

**Snack** should include: meat, fruit or vegetable, grain/bread, milk (2 servings of 4 food groups)

Supplements for each food groups will be kept on hand at WillowBee Childcare in the kitchen. (Example: canned vegetables, canned fruit, crackers, lunchmeat and milk)

Parents that send in meals/snacks that do not meet the nutritional requirements will be charged for supplements. ($1.00/each)

You will receive a form from your child’s teacher stating that you have been charged for that day.

Some examples of common lunch and snack items are as follows:

Lunch: meat/cheese sandwich, meat/cheese cubes, whole milk or 2 ½ yogurt

 pasta w/sauce, mac-n-cheese (already pre-made, **No Easy Macs**)taco meat w/tortilla

Snacks: fruit cups, yogurt with fruit, cottage cheese, fresh fruit, cheese, variety of

crackers, cereal bars

Parents need to also provide milk for lunch and snacks. Vitamin D milk must be provided for children under 2 yrs.

Juice can be brought in for snacks, but we **must have milk for lunch**.

If you want to bring in another choice for milk (ex: soy milk, almond milk), we would need a note from a doctor, stating that this meets the child’s nutritional requirements.

**\*\*\* Every item must have your child’s name on it!!!!!**