



## Food/Snack Policy

**Lunches:** All children (with the exception of VPK students attending solely on the ELC Voucher) will have lunch as part of their daily schedule. Lunches must be provided by the parent/guardian and should contain healthy options for your child. Healthy options are described on the “My Plate” link provided on our website, [www.clc.life/academy](http://www.clc.life/academy). In accordance with the DCF policy, we are not allowed to serve foods that are associated with young children’s choking incidents including, but not limited to, the following foods: whole/round hot dogs or grapes, popcorn, chips, pretzel nuggets, nuts, cheese cubes/sticks, and any food that is similar shape and size of the trachea/windpipe. Food for infants must be cut into ¼” or smaller; food for toddlers must be cut into ½” or smaller to prevent choking. Lunches are not provided by the school except on special occasions. In this case, parents will be given advance notice with the ability to provide their own lunch option.

**Snacks:** Some children will be offered snack during the school day. Snacks are provided by the parent/guardian and should be labeled with the child’s first and last name. Occasionally, we will offer a special snack to celebrate birthdays/holidays. In this case, parents will be notified in advance and given the option to provide an alternate snack. In the instance a child has forgotten their snack, each class may provide goldfish, puffs, animal crackers, or dry cereal as needed.

**Water Bottles:** Each child is required to bring a water bottle each day. Water bottles MUST be labeled with the child’s full first and last name in accordance with DCF policy. Water is offered and given throughout the day for hydration purposes. Please do not fill these bottles with other liquids. We will refill water as needed.

### Bottles and Feeding for Infants/Toddlers

Due to the dietary restrictions and differences in eating habits for infants and toddlers, the parent should provide all meals and snacks for their child. We will follow the recommended and required guidelines from the State of Florida Department of Children and Families for the care of infants.

- All formula and food must come in a new, unopened, clearly marked container with your child’s first and last name. Prepared bottles (formula or breastmilk) that are not consumed within one hour must be discarded.
- Prepared bottles must be immediately refrigerated and used within 48 hours.
- A bottle can only be warmed once. A warmed bottle cannot be returned to the refrigerator or re-warmed.
- All breastmilk and infant formula left in bottles after feeding must be discarded within one hour after serving an infant.
- Unused breastmilk may be returned to the parent in the bottle or container provided.
- Due to the extreme risk of choking, solid foods, including cereal, may not be given in bottles or with infant feeders to children with normal feeding habits unless authorized by a physician.
- Solid foods may not be fed to an infant younger than 4 months unless directed by a physician.
- Solid foods must be of a safe consistency and must be developmentally appropriate for the age and developmental ability of the infant.