

Children's Preschool and Enrichment Center

Nutrition Policy

The school provides healthy morning and afternoon snacks as well as skim milk at lunch. A weekly snack menu is posted on the refrigerator. A copy of the menu will be provided to families upon request. When necessary, a child's family must provide special diet foods. Food allergies should be noted in your enrollment papers and will be made known to the entire staff. When permission is granted from the family, a child's food allergy will be posted in the food preparation area as well as in the other eating areas at CPEC. For the safety of children with health threatening allergies, CPEC strives to be a peanut and tree nut safe space. None of these products or those that state such a warning from the manufacturer should be brought into CPEC for lunch or for any all-school events. If your child has consumed these products before attending for the day, be sure that their bodies and clothing are cleaned completely to prevent any allergic reactions.

Families are to provide packed lunches for their child that are nutritious, well-balanced, and absent of, or low, in fat, sugar, salt, artificial flavors and artificial colors. We encourage you to include lots of fruits and vegetables! Candy, cookies, candy sprinkles for yogurt, chocolate products and other such items should not be included in lunches and will be sent back uneaten in the child's lunch bag. All food should be prepared and ready to eat (for ex: fully cooked, peeled or cut into bite-sized pieces, especially hot dogs, carrots and whole grapes which are considered hazardous). We do not microwave children's food. Additionally, some items, such as "Gogurts" are not allowed because of their "messy" factor. The staff will send home a note about items that do not comply with our policy. "Treats" sent in for birthdays or other occasions should be healthy items, such as muffins, breads or fruits. No cakes or cupcakes, please. Kindly notify the staff ahead of providing such a treat.

Before snacks and lunch, children at CPEC follow a tradition we call "squeeze" which consists of all children counting to a selected number in a selected voice or sound and ending by saying "squeeze" together. Snacks are served "family" style so that children can practice table manners and work on self-help skills such as pouring milk. Staff members sit with the children to supervise this learning and to facilitate conversation. Family members are also welcome to join us any day for snacks and lunchtime.