



Nutrition Policy

Welcome to Husky House! A child's early years are a critical time for physical and mental development. It is also a time when the eating habits of a lifetime are formed. As a commitment to your child's health, we ask that you join us in honoring the following health guidelines:

- ✿ We will serve foods of high nutrient value. We will limit high fat, high sugar foods that are low in nutrient value, in an attempt to help children enjoy healthy foods. We ask that parents refrain from sending the following:
 - Soda
 - Candy, Chocolate
 - Fast Food
 - Cookies, cakes, donuts
- ✿ We regard any food containing more than 9 grams of sugar as a dessert and ask that if your child eats lunch in our presence that there be only 1 food that falls into this category.
- ✿ Children will always have access to water and will be reminded to stay hydrated throughout the day.
- ✿ We encourage parents to pack lunches that have a variety of healthy foods with emphasis on plenty of fresh fruits, vegetables and protein.
- ✿ We will never pressure a child into eating. Children will sit down together, but we acknowledge that the role of the child is to decide how much or even whether to eat.
- ✿ Children will be given many opportunities to eat during the day in order to insure that their small tummies do not get too hungry. Snacks and meal times will be offered every 2-3 hours.
- ✿ While we adhere to a more rigorous policy for snack planning and cooking curriculum, we appreciate the benefits of limited and restricted treats. We offer snack shack on Fridays to foster money-math skills, decision making, and for those children facilitating sales, it builds teamwork and customer service.
- ✿ We are an Allergen Aware Program. We ask for your cooperation so that all at Husky House are provided a safe environment in which to learn and grow. Always adhere to the **NO NUT POLICY**. Bringing nut products into our program seriously endangers the health and safety of children and staff in our care. Continued infractions of this policy may result in the dismissal of a family from the program.



Again, THANK YOU for joining us in teaching your child about good health!