

# Snack & Meal Guidelines

*At First Steps to Big Dreams Preschool, we believe healthy meals fuel healthy learning! To ensure all children are safe and well-nourished, please follow these guidelines:*

## Meals Provided by the Center

- We provide a nutritious **breakfast, lunch, and 2 snacks** daily.
- All meals follow **child nutrition guidelines** and include a balance of protein, grains, fruits, vegetables, and dairy.
- Menus are posted monthly and available to parents.

## Snacks From Home

- If bringing snacks from home, they must be **nut-free** and **store-bought/sealed** to protect children with allergies.
- Please avoid candy, soda, or overly sugary treats.

## Allergies & Restrictions

- Parents must notify staff of any **food allergies or dietary restrictions** in writing.
- Children with allergies may need to provide **alternative snacks or meals** if required by their care plan.

## Special Occasions

- For birthdays or celebrations, families may bring in **store-bought, pre-packaged treats with ingredient labels**.
- Please coordinate with staff in advance to ensure safety for all children.