



### Food Packet

The Holy Spirit Child Development Academy does not prepare nor provide meals and snacks for the children in our program. Parents will need to provide lunch and snacks daily for their child. All food that is distributed to children, other than your own, must be store bought and pre-packaged. Depending on the age of your child and their eating habits, you will need to provide between **2-4 items for each snack time and 3-5 items for each lunch time**. Please send nutritious snacks and lunches. Avoid sending foods high in sugar and caffeine. We have a small fridge in the classroom to keep some items cold such as milk products. We ask that all parents pack their child's lunch box with an ice pack as we do not have sufficient space to keep ALL items that need to be refrigerated in the classroom refrigerator.

If you drop off your child between 7:00 AM and 7:30 AM, you have the option of packing a breakfast for your child that he or she can eat at the Academy. **Breakfast should contain between 1-3 items** for each child depending on the age or the child's eating habits. Please note that if you drop off after 7:30 AM, your child should eat a healthy and nutritious breakfast at home.

All children should have their food in "containers" that can easily be opened without assistance as we encourage the children to become independent. If you are providing anything other than finger food, please provide utensils for your child, even if they are in the toddler classrooms.

We have an example meal plan available for parents to view. Please note that we are not nutritionists and this meal plan is only intended to provide parents with an idea of items to pack for your child. Parents DO NOT have to follow this meal plan.

**Per the State of Florida Department of Children and Families, all lunchboxes and drink cups are required to be labeled with your child's first and last name.**

Any known food allergies should be listed under ***Medical Information*** on the *DCF Child Care Application for Enrollment Form* and ***Allergies*** on the *Emergency Medical Treatment Authorization Form* in the Enrollment Packet. Children who have any known food allergies will be required to complete the FARE Food Allergy and Anaphylaxis Emergency Care Plan.

Breakfast: Pick one to three items from the categories (If you drop off between 7 and 730am)

AM Snack: Pick two to four items from the categories

Lunch: Pick three to five items from each category

Afternoon: Pick two to four items from the categories

Protein	Grains	Fruits	Dairy	Vegetables
Any Deli Meat (Salami, Turkey, Ham, etc.)	White and Brown Rice	Grapes (quartered)	Yogurt	Radish
Chicken nuggets	Quinoa	Apples (sliced)	Milk	Broccoli
Grilled Chicken	Bread (sliced or rolls)	Tomatoes	Cottage Cheese	Carrots (petite baby carrots or cut into small pieces)
Meatloaf	Oatmeal	Watermelon	Cream Cheese	Cauliflower
Chickpeas	Butter Noodles	Cantaloupe	String Cheese	Sweet potato
Eggs (hard boiled and scrambled)	Crackers	Kiwi	Cheese slices	Corn
Meatball	Muffins	All berries (Strawberries, blueberries,	Yogurt Dip	Snap Peas
Hot Dogs (quartered)	Cereal	raspberries, black berries, etc.)	(You can also bring non-dairy milk such as almond milk)	Pickles
Peanut Butter or Nut Butter sandwiches	Peanut Butter Crackers	Oranges		Cucumbers
Sausages	Gold Fish	Applesauce Pouch		Sweet Peppers
Beans (black beans, pinto beans, and chickpeas)	Granola/breakfa st bars	Avocado		Green beans
Tofu	Graham Crackers	Banana		Asparagus
Fish	Regular Crackers	Peaches		Mushrooms
	Waffles	Pears		Squash
	Pasta	Mango		Cabbage

Meal Plan Example:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes (plain, blueberry, or chocolate chip) and fruit	French toast and a yogurt pouch	Egg muffins and banana	Oatmeal and yogurt pouch	Waffles, applesauce pouch, and berries
AM Snack	Yogurt pouch, watermelon, and muffins	Hard boiled eggs, vegetables, and cereal	Blueberries, avocado, and a granola bar	Sausage, yogurt pouch, and oatmeal	Turkey or Ham, cheese, and fruit
Lunch	Pizza, vegetables, applesauce, and fruit snacks	Ham and turkey, cheese rollups, and fruit	Chicken and rice, vegetables, and fruit	Peanut butter sandwich, veggie straws, and fruit	Hot dogs, vegetables, cheese stick, and an applesauce pouch
PM Snack	Peanut butter crackers and a banana	Snap peas, cheese stick, and veggie straws	Cheese crackers and applesauce	Steamed carrots and turkey	Graham crackers and fruit

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled Eggs, vegetables, and fruit	Banana and yogurt pouch	Waffles and applesauce	Sliced sausage, pancakes, and blueberries	French toast, yogurt, and oranges
AM Snack	Toast, applesauce, and a cheese stick	Blueberry muffins, carrots, and deli meat.	Yogurt, breakfast oatmeal bar, berries	Cinnamon sugar toast, fruit	Avocado, deli meat, and cucumbers
Lunch	Chicken, steamed broccoli, Hawaiian rolls, and milk	Meatloaf, green beans, and cornbread	Butter noodles and peas, fruit, and meatballs	Leftovers	Meat and cheese sandwich, fruit, and veggie straws
PM Snack	Veggie straws, strawberries, and a cheese rollup	Peanut butter, graham crackers, and fruit	Carrots and dip, teddy grahams	Chicken, cheese stick, and vegetables	Fruit and crackers

### **How do I help my young child eat safely?**

Children under the age of 4 are at higher risk of choking than older children and adults. They have small airways and less control over swallowing. Always stay with your child while they eat and drink. Avoid feeding your child in a moving vehicle or in a stroller.

#### **To prevent choking:**

- Watch your child and make sure they sit down to eat or drink
- Encourage them to take small bites and to chew the food well
- Cook or grate hard vegetables like carrots
- Chop soft fruit into small pieces. Remove pits, seeds and tough skins before serving
- Remove any bones from fish and flake before serving. You can rub fish between your fingers to find and remove bones
- Cut round foods like grapes, cherry tomatoes and hot dogs lengthwise first and then into pieces
- Spread smooth peanut butter thinly on toast or crackers or stir into warm cooked cereal
- Do not feed your child foods with toothpicks or skewers

#### **Do not give your child:**

- Whole peanuts, nuts, seeds or popcorn
- Whole grapes
- Fish with bones
- Dried fruit such as raisins
- Hard candy or cough drops
- Gum or marshmallows
- Peanut butter, nut or seed butters on a spoon

### **How do I prepare food safely?**

Young children are at increased risk of food-borne illness. Bacteria such as E. coli, Salmonella and Listeria are killed when foods are heated to safe cooking temperatures. To avoid food-borne illness, do not offer your child:

- Raw or undercooked meat, fish or poultry. Make sure that meat, fish and poultry are cooked to safe internal temperatures
- Raw or lightly cooked eggs. These may be in homemade mayonnaise, sauces and dressings or homemade ice cream
- Unpasteurized milk or dairy products or unpasteurized juice
- Raw sprouts, such as alfalfa, clover, radish and mung beans. Only offer thoroughly cooked sprouts.

### **What if my child has food allergies?**

If you have questions or concerns about food allergies, talk to your child's doctor, pediatrician, a registered dietitian or a public health nurse.

(British Columbia HealthLink BC, Meal and Snack Ideas for Your 1 to 3 Year Old Child)