

Liberty Learning Centers Inc. does not provide any meals or beverages. Parents / Guardians are responsible for packing and sending all meals and beverages.



Please provide your child with balanced foods and beverages that will cover breakfast, lunch, and 1 snack in the afternoon. Each child must have 1 re-usable water bottle filled with water from home brought daily to be used at the center.

- When you are packing your child's meals, ensure that the meals do not need refrigeration or heating. The teachers do not have access to refrigeration or microwave.
- Meals need to include: Fruits, vegetables, and protein.
- Water bottles must be non-leaking, and children must be able to open and close them on their own.
- Please send any utensils needed for meals.
- Peanut / nut products may not be allowed depending on allergies in the classroom. A note will go out if/when that may happen.
- www.choosemyplate.gov has ideas and more info on what children need to keep healthy and properly nourished!
- Infant families must provide water from home for infants' daily needs.



If you have any other questions, please see the center director.

Signature

Date