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RE: Healthy & Nutritious Meals/Snack Policy

Themba Creative Learning Center provides nutritious breakfast/snacks and milk as part of your child's program. In addition, parents may decide to participate in a hot lunch program provided by Good Foods Catering Company, or bring a healthy lunch from home.

Themba CLC, promotes healthy eating habits and a positive attitude about food. Serving healthy food at preschool sets a great example for children and can be simple to prepare. Try to include at least 2 food groups for variety and balanced nutrition. Snacks/ Meals should be low in fat and sugar. Drinks may include milk, water, or 100% fruit juice.

Themba CLC is a nut free school, please check labels accordingly and DO NOT bring any snacks/meals containing any nut products.

Prohibited Foods

The following potential hazards may not be included in children's lunches sent from home: hotdogs (neither whole nor pieces), nuts, popcorn, raisins, raw peas, corn, raw carrots, cheese blocks, hard pretzels of any size, or grapes. Meat must be cut in a portion that can be safely swallowed whole. ** Please see birthday celebration Guidelines about prohibited foods**

Also, in order to prevent injuries from breaking glass, please do not send drinks in glass bottles. Juice boxes are easy for the children to handle; "Capri Sun" foil containers are not.

Suggested food items are: fruits & vegetables with low fat dips, 100% juice, tortilla chips and salsa, yogurt, fruit muffins, animal crackers, mozzarella sting cheese, multi-grain chips, soft pretzels, pita bread chips, rice cakes, granola bars/no nuts, bagels, cereal bars, oatmeal meat, dry beans..

Themba will not allow any junk food including birthday cake or fast food to be consumed in the facility. Please serve your child before entering into the center any fast food/junk food products. Soda's are not allowed in the center.

Please do not send candy. A child with candy in her lunch will be asked to place it back in her cubby/lunchbox until pick up time. Teachers ask that on the rare occasion when you bring in food from a fast food establishment, you take the toy and food out of the bag, and present the food separately on a plate. The bag and the toy can be kept in your care until you pick up your child at the end of the day.

References: USDA Child and Adult Care Food Program/NAC Accreditation