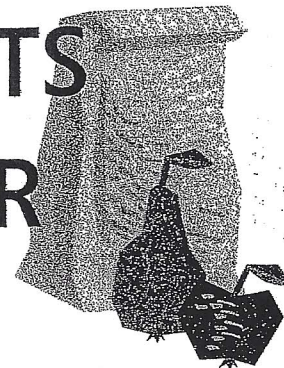


HUGS-N-HEARTS LUNCH LETTER



Dear Parent:

Hugs-n-Hearts Early Learning Center will be providing breakfast (until 7:45 A.M.), a morning snack and an afternoon snack each day. Parents are responsible for packing a lunch for their child daily. We hope that you will consider this an opportunity to be a part of your child's day even while you are working and that you will rest easier knowing that your child will be served a lunch that you know he/she will eat and enjoy!

The nutritional guidelines outlined by the Department of Job and Family Services are summarized, as follows:

- Each lunch served shall meet one-third of the recommended daily dietary allowances as specified by the USDA. This includes at a minimum, one serving of fluid milk, one serving of meat or meat alternative, two servings of vegetables and/or fruits (one serving of each is recommended) and one serving of grains or bread.

The breakfast that Hugs-n-Hearts will be providing each day will contain a healthy source of vitamin C (100% orange juice), milk, as well as a full serving from the grain/bread group. If your child does not arrive at the center in time for breakfast, please provide a healthy nutritional start to their day at home.

Hugs-n-Hearts also provides two snacks daily. Snack will provide nutritional value, in addition to calories, and contain at least one food from two of the four basic food groups. 100% fruit juice is served with each snack.

Hugs-n-Hearts will provide milk for your child's beverage with lunch daily. Children under twenty-four months of age will be served whole homogenized vitamin D milk. The remainder of the center will be served 2% milk. (This eliminates the need for you to pack a food from the milk group.) If your child's health requires a milk substitute be served, please provide a container of soy milk to be stored and served here.

