

Food at ACP

Allergies/Food Preferences

ACP is a peanut free facility. Based on yearly enrollment, all allergies will be assessed and if there are other nut allergies, we would expand and be entirely nut-free, which would include all nuts and nut butters. Please remember this when any food is brought to the preschool, including kids lunches, parent snacks, or sibling food.

- Families with the allergies/preferences can send their own snack and label it with the child's name and date, to be kept in the child's cubby. Please notify teacher so we can facilitate the child receiving the right snack!
- All allergies/food preferences will be honored and will be noted on the snack checklist. If possible, no snack will be served that would allow a child to eat something they should avoid.
- Snack provider will bring in any packaging or a recipe to clarify ingredients.
- Snack will be posted near the sign-in sheets. Each family will read the list and let the teacher know if there are any concerns.

Parents whose children require prescription medication for life threatening allergies MAY NOT leave their children at the preschool unless they:

- Provide a completed Medication Administration and Consent Form to the Preschool, with a signed consent for the teachers (parent helpers) to administer prescription medication. Parents must sign the consent form themselves, but have their physician fill out the applicable medical information.
- Parents must provide up to date prescription medicine, in the original container, for the teachers to use in an emergency.
- Check with the parent/teacher who is serving snack to see if the snack is "safe" for his or her child.

Child Care Center - Rules for Programs Exempt From Obtaining a Food Permit

You may . . .

- Serve single service foods that are non-hazardous (see list of hazardous foods below)
- Serve fruits and vegetables that are prewashed and pre-cut (or don't require cutting such as bananas)
- Reheat food brought from home for an individual child (in the microwave)
- Refrigerate food brought from home for an individual child
- Heat water for infant cereals, instant oatmeal, and other instant foods

You must . . .

- Use all disposable dishes and eating utensils
- Dispose of any milk after it has been open for 4 hours
- Keep your refrigerator clean
- Keep a thermometer in your refrigerator and ensure it maintains a temperature of 32°-41°.

You may not . . .

- Serve hazardous foods such as those listed below
- Wash or cut fruits and vegetables
- Wash, rinse, or sanitize any serving utensils, dishes, cups, serving dishes
- Prepare any foods for children such as sandwiches
- Cook any foods using any appliances including a skillet, toaster oven, etc
- Cook frozen foods unless they are fully pre-cooked and only require reheating

ACP Snack Policy

Choose and provide one item from each category

Please remember we are a nut-free facility

Overly sugary foods must be avoided

This seems complicated; don't worry, we'll explain it all.

List A Fruit/Veggies

Items that don't need to
be cut

OR

Items that were purchased
in precut and pre washed
form from an approved
food source such as a
grocery store or Costco

List B Grains

- Crackers
- Bagels or pre-sliced bread
- Tortilla chips
- English Muffins
- Pretzels
- Cereals

List C Protein/Dairy

- Yogurt
- Jerky
- Hummus
- Milk
- Sunflower seeds

General Rules and Guidelines

- The kitchen may not be used at all, including the refrigerator. This includes any kind of food prep.
 - However, once snack has been served to all children, refrigerated items may be stored in the fridge, but only so that you can keep them cold to take home.
- All snack must be served on disposable dishes (napkins, foil, etc., are allowed as well).
- Snacks can be offered either as single serve portions or children can serve themselves.
 - Single servings can be pre-packaged or pre-portioned out in disposable containers.
 - If offering self-serve snack, serving items (including bowls, tongs, utensils etc.,) must be brought from home and then taken home to be washed.
- If offering an item from a larger container (yogurt, hummus, etc.,), the container must be unopened upon arrival to school. Once opened and served, the container may not be stored for the purpose of being used for snack on a different day.
- Special occasions and cooking projects are exempt from these rules.

Foods in Exempt Programs

Potentially hazardous foods (not permitted)

- Raw seed sprouts and tofu
- Cut fruits and vegetables, (unless purchased already cut from an approved food source such as a grocery store or Costco)
- All cheeses including string cheese
- Cream cheese, even if individually packaged
- Homemade pizza or English muffin type "pizza"
- Yogurt and gogurt (see below)
- Lunch meat

Non-hazardous foods (permitted)

- Crackers including graham crackers
- Cookies including animal crackers, teddy grahams, granola bars, vanilla wafers
- Bagels or pre-sliced bread
- Tortilla chips
- English muffins
- Muffins
- Pretzels
- Cereals
- Frozen waffles, pancakes or French toast
- Fruits that don't need to be cut such as bananas, apples, oranges (to be peeled by children)
- Pre-washed vegetables that don't need to be cut or peeled
- Fruit juices that don't need to be mixed with water
- Bulk fruit or vegetables that don't need a can opener such as jars of applesauce or pickles
- Jelly if individually prepackaged
- Pre-packaged individual cheese and crackers
- Peanut butter that is put on each child's plate with a disposable spoon
- Yogurt and gogurt (only if individually packaged and served only occasionally)
- Jerky (individually packaged)
- Nuts
- Fluid milk in individual cartons (if in large container, must be disposed after open for 4 hours)

Other considerations:

- Milk – once opened must be used or disposed of within 4 hours
- Foods such as nuts may cause allergic reactions in children
- Sugary foods such as sugary cereals and cookies must be avoided
- Single service disposable knives can be for children to cut their own fruit
- Foods must meet USDA requirements therefore programs must use 100% fruit juice and cannot count items such as popsicles and kool-aid