

Aldersgate Preschool
Food and Nutrition Form
2313 Concord Pike
Wilmington, DE 19803
Phone: 302-478-2575 / Fax: 302-478-1828
Email: Sharon.Jennelly@aldersgatede.org



As parents/guardians of _____,
(Name of Child)

We agree the children will be served a healthy snack and/or lunch while at Aldersgate Preschool.

+ Parents will be providing healthy snacks for their individual child or child's class on a schedule set up by the teacher.

Please be aware of the food allergies present in your child's individual classroom. Aldersgate Preschool is peanut-free. NO peanut butter.

+ It is very important to send in food meeting the current nutritional requirements for Infants and Child and Adult Care Food Program (CACFP) Meal pattern Requirement for Children.

+ Careful handling of food is important to prevent spoilage of food brought from home.
(Hand washing procedures are followed and refrigeration is provided).

Aldersgate Preschool will ensure that if the parent(s)/guardian(s) requests any modification of basic meal patterns (see CACFP Meal Pattern Requirements for Infants and CACFP Meal Pattern Requirement for Children) due to a child's medical need(s) such as food allergies or food intolerance, the parent(s)/guardian(s) provide the food.

SNACK

The snack served will have at least one (1) item from two (2) of the food groups as described below. We provide water to the children for snack.

- A. Milk: Children 1-2 years of age will have whole milk and children over 2 years of age will be served 1% or fat-free milk
- B. Proteins: meat, fish, poultry, eggs, yogurt, cheese, dried beans, peas, processed meat (e.g. hot dogs, sausage, baloney, etc.) shall be used only one time per cycle (1 X in 2-week) and only real cheese may be served, no cheese product or cheese food.
- C. Fruits and vegetables: include a variety of fresh vegetables and fruits; and no more than on serving (4 oz.) of 100% juice may be served to children (1-18 years). No baked pre-fried or fried fruits and vegetables (e.g. French fries and tater tots) will be allowed unless 35% total fat rule applies.
- D. Grains: Whole grain is listed as the first ingredient and enriched products such as breads, cereals, pastas, crackers and rice. All grain products must be 6 grams of sugar or less. Sweet grains/baked goods (e.g. cookies, cakes, donuts, danishes, pop tarts, etc.) may be served once/cycle for snack only.

LUNCH BUNCH

A lunch brought from home and placed on lunch bunch cart will have items from each of the following food groups:

1 item from these food groups:

- A. Milk
- B. Protein
- D. Grain

2 items from this food group:

- C. Fruit and Vegetables

We are peanut-free NO peanut butter crackers or sandwiches

If you have any questions about the food served at the preschool, please contact your child's teacher or the Early Childhood Administrator (Director), Sharon Jennelly.

X _____ Date: _____

X _____ Date: _____

Parent Signatures