



## Alternate Nutrition Plan

To comply with Florida Department of Children and Families (FDCF), parents must sign the “alternate nutrition plan agreement.” This is done as an awareness to the parents that AIMS does not provide your children with meals. Parents must provide both and teachers will advise on how the snacks are provided by the parents to the classroom.

1. Snacks, consisting of juice and a variety of foods, may be provided in all programs. **Please advise, in writing, of any food allergies and/or diet restrictions your child may have.**
2. Please **do not** pack foods that could be a choking hazard such as hot dogs, popcorn, nuts/seeds, whole grapes, chunky peanut butter, raw vegetables, chunks of meat and cheese, etc. for children ages 4 and under.
3. Children in the full-day program should bring their lunches in bags or lunch boxes labeled with their names. Lunches should consist of a protein, fresh fruit and a vegetable. Sandwiches can be meat, cheese, egg, etc. **Other items may be included at the parent’s discretion with the exception of candy, cookies, frosted desserts, gum, etc.** The children will be encouraged to eat the nutritious foods first. Milk or fruit juice should also be included. Please do not include any kind of soda.
4. At the end of the lunch period the children are directed to rewrap any substantial amount of uneaten food. This will help you determine the quantities to send for your child/children and also their likes and dislikes of food packed for them. Allowing your child/children to help choose and prepare his/her lunch not only builds independence, but encourages them to eat the food he/she has chosen.
5. Recent studies have shown that certain food additives affect the behavior of the children. Please take this into consideration when packing lunches.
6. Parents will provide all meals but will also make AIMS aware of any Special Dietary Requirements.
7. AIMS agrees to provide the parent with a suggested meal pattern and menus and to discuss any problems which might develop in the use of the Alternative Nutrition Plan.

**Please keep this page for your records.**