

## **NUTRITION AGREEMENT**

Child's Name: \_\_\_\_\_

In accordance with the Broward County Child Care Ordinance/Family Child Care Ordinance, the Mailman Segal Center's Family Center Early Learning Programs work cooperatively to assure that children are provided with nutritious snacks and meals where lunches are not provided by the facility.

- MSC will not provide any meals.
- The parent agrees to provide a daily lunch for their child, when appropriate and on rotating basis a mid-morning snack. MSC will provide a healthy, nutritious snack in the mid afternoon for all children participating in our extended day program

PLEASE NOTE THAT ONLY HEALTHY, NUTRITIOUS SNACKS WILL BE SERVED

My signature indicates that I have read the proceeding:

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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### School Snacks – Grocery List Suggestions

*Please provide one or two items from each category. Remember, we are a peanut free zone!*

<u>Fruits</u>	<u>Vegetables</u>	<u>Grains</u>	<u>Protein</u>
Berries	Cucumber Rounds	Mini Bagels	Cream Cheese
Oranges	Celery	Breads	Sunbutter
Bananas	Avocado	Crackers	Cheese
Grapes	Sweet Pepper	Cereal	Milk
Apples/Pears	Salsa	Tortilla Shells/Chips	Bean Dip
Melon	Cherry Tomatoes	Rice Cakes	Tofu
Plums	Cooked Carrots/Broccoli		Yogurt

(Please pit all fruits)

### *Choking Hazards for Children Under 4 Years of Age*

Hot dogs and similar whole foods	Nuts, sees, peanuts
Popcorn	Ice cubes
Raisins and other dried fruit	Large chunks of meat or cheese