

RESTRICTED DIETS

My child is on a restricted diet and may not be served any food which is prepared at the Center. **I will provide all the food for my child and will follow the guidelines established by the Bright from the Start, Department of Early Care and Learning standards:**

- Bring food in containers with tight-fitting lids, labeled as to content and with the child's name. Bags or sacks are not acceptable.
- Individual portions of food served may not be served again. Please bring food in separate containers if your child is to be served lunch, dinner or snacks. After a meal or snack, leftovers will be discarded.
- Place foods which need to be refrigerated in the refrigerator in your child's classroom and let the teacher know what you have brought and that the child is to have it for a specific meal or snack. Ask the teacher where to store the non-refrigerated items.
- All foods must be free from spoilage and contamination. All raw fruits and vegetables need to be washed thoroughly before bringing them to the center. Be sure to take all containers home each day.
- The following foods may not be served to children under three (3) years of age: peanuts, raisins, raw carrots, popcorn, fish with bones, grapes. Children older than three (3) may be served these foods provided that the foods are cut in such a way as to minimize choking.

If at anytime I decide to have my child served the food provided by the Center, I will make a written request and this agreement will be voided. If it is necessary for my child to have a portion of his/her diet supplemented, I will complete the attached form.

Detach here and return bottom portion to the Center.

I will provide all food for my child at Georgia State University's Child Development Program.

Child's Name _____

Parent's Signature _____

Date _____

Allergies to Items Other than Food

Child's Name: _____

Allergies: _____

Medication and dosage given for allergic reaction _____

Parent's Signature: _____ Date: _____

Allergies to Food and Dietary Restrictions

Child's Name: _____

Food Allergies: _____

Dietary Restrictions: _____

Food which you will substitute or supplement: _____

Parent's Signature: _____ Date: _____

Food Service Waiver

My child is on a restricted diet and may not be served any food which is prepared by the Georgia State University Child Development Program. I will provide all the food for my child and will follow the GUIDELINES FOR FOOD ALLERGIES/RESTRICTED DIETS AND FOR SUPPLEMENTING FOOD.

Child's Name: _____

Parent's Signature: _____

GUIDELINES FOR FOOD ALLERGIES/RESTRICTED DIETS AND FOR SUPPLEMENTING FOOD

For those of you who have children with food allergies, or children on a restricted diet, i.e. vegetarian which requires a parent to supplement the meals served at the Center, please note these policies and procedures established by the Georgia State University Child Development Program and Bright from the Start Department of Early Care and Learning Child Care Licensing Standards:

ALLERGIES TO FOOD/DIETARY RESTRICTIONS

1. If your child has food allergies or dietary restrictions, please note them on your enrollment application and information card and complete the attached form which is most appropriate for your child's situation. Please notify your child's teacher of these allergies and restrictions.

2. Please follow these guidelines for supplementing the meals served at the Center:
 - Check the menu each week in order to plan ahead for supplementing the food items that your child may not be served at the Center.

 - Be advised that the Center serves a variety of fresh, frozen and canned foods. It is not our policy to supplement a child's meal with a certain type of food. For example, we cannot honor parent's request to serve a child only fresh fruits and vegetables as a substitute for the frozen foods which are part of the daily menu. If a child may not have canned or frozen foods as part of their diet or if the child may not eat a majority of the foods served at the Center, the parent will have to supply all of the child's food while the child is in attendance. In these cases the parent will complete the attached Food Service Waiver Form.

 - When supplementing your child's meals and snacks, make certain that your child receives the minimum meal requirements:

MEAL REQUIREMENTS FOR CHILDREN IN CHILD CARE

Children ages	1-2 years	3-5 years	6-12 years
Snacks			
<i>Select 2 from these 4 components; do not select 2 items from the same component</i>			
Milk, fluid	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Meat/Meat alternate	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
Juice or fruit/vegetable	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Bread and/or cereal			
Enriched or whole grain bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
Cereal	$\frac{1}{4}$ cup	1/3 cup	$\frac{3}{4}$ cup

Lunch or Supper

Milk, fluid	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Meat/Meat alternate			
Meat, poultry, or cooked fish (without bones)	1 ounce	1 $\frac{1}{2}$ ounces	2 ounces
Cheese	1 ounce	1 $\frac{1}{2}$ ounces	2 ounces
Egg	1	1	1
Cooked dried beans/peas	$\frac{1}{4}$ cup	3/8 cup	$\frac{1}{2}$ cup
Peanut butter/other nut butters	2 tbsl.	3 tbsl.	4 tbsl.
Nuts and seeds			
Vegetable and/or fruit (two or more)	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Bread or bread alternate			
Enriched or whole grain bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice

- It is important to supplement vegetarian diets with complete protein combination sources such as: cooked dry beans/peas served with a grain product such as rice or corn, cooked tofu or other complete protein supplements, peanut butter or other nut or seed butters served with a grain product such as bread or rice cakes, or cheese with whole grain bread.
- These foods may not be served to children under three years of age: peanuts, raisins, raw carrots, popcorn, fish with bones, or grapes. Children older than three may be served these foods provided that the foods are cut in such a way as to minimize choking.

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- ❖ Bring food in containers with tight-fitting lids. Label with the child's name and the food content. Bags or sacks are not acceptable.
 - ❖ Once served, individual portions of foods may not be served again. Please bring food in separate containers if your child is to be served lunch, dinner or snacks. After a meal and/or snack, leftovers will be discarded.
 - ❖ Place foods which need to be refrigerated in the refrigerator in your child's classroom; let the teacher know what you have brought and for each specific meal and/or snack. Ask the teacher where to store the non-refrigerated items.
 - ❖ All foods must be free from spoilage and contamination. All raw fruits and vegetables need to be washed thoroughly before bringing them to the Center. Be sure to take all containers home each day.

GUIDELINES ON ALLERGIES TO ITEMS OTHER THAN FOOD

For those of you who have children with allergies other than food, please note these policies and procedures established by the Child Development Program and Bright from the Start Department of Early Care and Learning:

1. If your child has allergies, please note them on your enrollment application and information card, complete the attached allergy form and notify your child's teacher.
2. If there is a possibility that your child might need medicating for an allergic reaction, be certain that we have the medication. It must be labeled with the name of the medication, the prescription number, and the child's name. Please leave the classroom teacher the medication and a completed medication consent form. Check periodically to be sure the medication has not expired.