

## NAEYC STANDARDS

- *Relationships* foster belonging and encourage individual worth
- *Curriculum* supports individual and group goals
- *Teaching* supports exploration and personal development
- *Assessment* is informed, systematic and advances development
- *Health practices* promote safety
- *Teachers* are qualified and dedicated
- *Families* are involved and respected
- *Community Relationships* support our goals
- *Physical Environment* is safe, well-maintained, educational and fun
- *Leadership and Management* work as a team

## Choking Prevention

Teaching staff know and recognize the foods that are choking hazards. Foods from home and snacks for infants and toddlers are limited to the following:

- Carrots and celery must be parboiled to a soft stage.
- No nuts, raisins, pretzels (hard), and hard chips (Fritos, Doritos, corn chips)
- Foods cut lengthwise to prevent choking: olives, grapes, hotdogs, and pickles.
- Fresh fruits are peeled and cut into bite size pieces, especially apples.

Thank you for helping keep all of our children safe. Please contact your child's teacher with any questions.

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### SNACS PRESCHOOL INFORMATION

13880 Stead Blvd.  
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SNACS  
Preschool

Meal Time  
Protocol

# MEALTIME GUIDELINES

## Snack and Lunch Protocol

We provide a safe, relaxing, comfortable eating environment for the children. A comfortable environment helps to ensure that the children are able to learn and develop lifelong eating behaviors and habits that are essential to the children's development and growth. Through planned activities and guided discussion, teachers help children understand the food and body connection. Children have the opportunity to try new foods, refuse foods, and to choose nutritious foods that support healthy development. The Preschool offers a morning and afternoon snack served with milk. Age appropriate snacks are prepared by knowledgeable and trained kitchen staff. Infant parents provide all food and drink. Toddler, Preschool, and Kindergarten children bring their lunch to school.

### Snack and Lunch Times:

- Breakfast 7:30-8:00
- Morning: 9:00-10:30 Free Choice  
During Centers
- Lunch: 11:30-12:00 by Class
- Afternoon: 3:00-4:30 Free Choice  
During Centers

## Protocol – Continued

- Staff members work with parents to meet individual children's needs.
- Staff post menus detailing the morning and afternoon snacks outside the kitchen; a new menu is posted weekly.
- Teachers invite parents to join their children for snack and lunch times.
- Teachers post food allergies inside the classrooms along with allergy action plans that are in a labeled box in the classroom.
- The infant room provides mealtime microwave heating.
- Food is never withheld or used as a bribe or punishment.
- Parents and staff work together to ensure information concerning allergies are known, documented, and posted.
- Infant mealtime schedules are specific to the age of the child. Together, parents and teachers design an appropriate feeding plan. The center accommodates mothers who wish to breast feed.

## Meal Time protocol

- All staff, teachers, and children wash their hands before they sit down at the table..
- Children and teachers sit down together. The children serve themselves whenever appropriate. Toddler room teachers use hand-over-hand techniques to allow the children to serve themselves. •
- Eating with the children allows teachers the opportunity to role model appropriate eating behaviors, habits, and mealtime conversation.
- Teachers consider children finished with their food when they begin to play with their food or become frustrated and lose interest in eating.
- Perishable food is disposed of, and unopened or nonperishable is eaten later in the day or taken home.
- Toddler, Preschool, and Kindergarten children place their cups, plates, utensils, and bowls in the bin provided.
- Children are encouraged to wash their hands and face after eating, with the help of staff.

Sierra Nevada Academy Charter School &  
SNACS Preschool  
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