

# Food and Nutrition Policy

## Tiny Turners at Tampa Bay Turners

Parents or legal guardians must be advised in advance of each food-related activity, such as special occasions and learning activities, which include food consumption. Written parental permission for food activities must be maintained for a minimum of four months from the date of each activity.

If a children's center chooses not to provide meals and snacks, arrangements must be made with the custodial parent or legal guardian to provide nutritional food for the child. If a child's parent fails to provide nutritious meals/snacks, the program must provide supplemental food items to complete the child's meal.

If a special diet is required for a child by a physician, a copy of the physician's order, a copy of the diet, and a sample meal plan for the special diet shall be maintained in the child's file and followed.

If the custodial parent or legal guardian notifies the children's center of any known food allergies, written documentation must be maintained in the child's file for as long as the child is in care.

Special food restrictions must be shared with staff and must be posted in a conspicuous location.

Sippy cups brought from home shall be individually labeled with the child's first and last name. Sippy cups and bottles brought from home shall be returned to the custodial parent or legal guardian daily.

Food provided by parents must be stored and handled in a sanitary manner at all times. If food is supposed to be kept cold, the parents must include ice packs to keep food cold.

Employees, volunteers and substitutes, while distributing snacks or serving food must use items such as napkins, disposable gloves, utensils, or similar items to prevent skin contact with food.

Children's centers shall provide sufficient age-appropriate seating at meals.

All single service items must be discarded after each use.

Foods that are associated with young children's choking incidents must not be served to children under 4 years of age; such as, but not limited to, whole/round hot dogs, popcorn, chips, pretzel nuggets, whole grapes, nuts, cheese cubes, and any food that is of similar shape and size of the trachea/windpipe.

Food for toddlers must be cut into pieces 1/2 inch or smaller to prevent choking.