



Food Guidelines

As Bright Start does not provide lunch, there are a few items we ask that you remember as you pack your child's food every day. We want your child to have a nutritious meal that is safe from choking hazards and that provides them with the fuel they need to play and learn. Please review, sign, and return the bottom of this letter home to place in an area available to you (on the fridge door or inside the cabinet door) so you will be able to see it when packing their foods.

FOODS THAT ARE NOT ALLOWED

These items are not allowed to be eaten at Bright Start due to choking hazard or high sugar/salt content:

- Cereal with added sugars
- Marshmallows
- Jell-O or Pudding snacks
- Soda or any caffeinated drinks
- Kool-Aid
- Frosting
- Whipped Cream
- Candy
- Whole Grapes or Tomatoes (Please cut in half)
- High fat and salt foods: chips, fried foods
- Meat with Bones
- Fruits must have pits removed

** Please be aware if a child is enrolled and has a high allergy towards a food, we will notify everyone of the safety concern.

STORAGE AND HEATING

Food brought from home will be stored in the refrigerator and will be eaten cold. We do not have the ability to heat foods. Please plan for food that does not need to be heated or cooked. All foods will be taken out of their containers by a staff member and placed on a plate from our kitchen.

Thank you for taking the time and energy we know it takes to provide a nutritious and safe meal for your child. **Please sign the form below, detach, and return to Bright Start. You may keep the top portion for reference.** If you have any questions regarding this policy, please notify the Director.

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I acknowledge that I have read these food guidelines for Bright Start Learning Center.

Parent Signature_____ Date_____.

