

Nutrition Policy and Procedures

Policy

Bright Child Montessori ensures all children receive nutritious meals and snacks that take into account health issues and respect family requests and preferences. The preparation and serving of meals and snacks will exceed regulatory requirements. Bright Child will provide a healthy lunch program which promotes ecological awareness by serving whole, natural and organic foods made fresh from scratch, every day. The school will always use “Best Choice” and choose our ingredients carefully. Some foods will always be organic, while others will be organic when they are available. The school maintains a strict “No Peanut” policy. This includes any snacks provided by parents before or after school, or during special occasions.

Procedures:

1. A 4 Week Menu, including all Meals and Snacks, will be posted.
2. Food allergies and special diets will be posted. Parents/guardians and program staff will work together to ensure food substitutions where necessary. The Anaphylactic Policy and Procedures will be followed as required.
3. Food will be stored, handled, prepared and served to ensure food safety and avoid food-borne diseases.
4. Mothers who wish to continue breast-feeding their infants (exclusively or with supplemental formula) will be supported by program staff.
5. Babies will be held while receiving bottles until they are able to hold the bottle themselves. Bottle-propping is not allowed.