

Healthy Eating for Infants and Toddlers

We request that parents provide their children with fully prepared, nutritious lunches daily. Children are provided with two healthy snacks a day. We ask that each child bring in a piece of fresh fruit to contribute to the fruit bowl and requests are sent out each month to help replenish the snack pantry. Milk and water will be provided. The Center does not provide juice. In collaboration with the Academy's staff nutritionist we have learned of the nutritional consequences. Excessive intake of fruit juice can decrease appetite for other nutrient and energy rich foods. Over consumption of fruit juice may lead to poor weight gain, diarrhea, abdominal pain and bloating.

It is imperative that parents notify teachers of any allergies their child may have.

The teachers would like to encourage that children eat a healthy lunch and realize new ideas are sometimes hard to come by. Meals and snacks should focus on the use of whole grains, fresh fruits and vegetables with smaller amounts of meat or meat alternatives and dairy. As many foods as possible should be fresh and unprocessed. Please use the following list to plan your daily lunches.

Sandwiches:

Breads: Bite sized portions of
Pita Bread, preferably whole wheat
Whole grain or 100% Whole Wheat
Bran, Pumpernickel, Rye or Fruit
Bagels
Norwegian Flatbread Crackers
Matzo
English Muffins
Flour of Soft Corn Tortillas
Pancakes, Waffles, French Toast (with applesauce, fresh fruit, all-fruit jam)

Fillings: Turkey Breast
Egg Salad (light mayo, raisins, green peppers, grated carrot, celery)
Tuna Salad (same variations or apple, cottage cheese, red pepper)
Chicken/Turkey Salad
Peanut Butter (with raisins, nuts, chopped apples, crushed pineapple, banana, chopped prunes, carrots, all fruits)
Cheese (unprocessed such as Swiss or Low Fat Cheddar) with fresh fruit or soft raw
Meatloaf
Hummus
English Muffin Pizza
Cheese or veggie Pizza

Dairy:

Bite sized portions of
Soft Cheese
Chopped hard-boiled egg
Scrambled egg
Yogurt
Milk Shakes

Fruits and Vegetables:

Bite sized portions of
Soft cooked sweet potato or Zucchini
Orange sections, Banana
Ripe Avocado chunks, Cucumber
Ripe papaya chunks
Berries, Kiwi chunks
Cooked peas, broccoli florets
Apples and Apple Sauce