



IMPORTANT FOOD INFORMATION



OUR GENERAL FOOD POLICY

- ❖ Our center is **nut-free**. No items containing peanuts or tree nuts may be brought to the ELC.
- ❖ If a child has a dietary restriction or food modification from the state’s **Nutritional Lunch Requirements**, a Child Medical/Physical Care Plan form (JFS 01236) must be completed and signed by the child’s physician. For specific food questions, please contact the ELC office at 513-424-6788 for clarification.
- ❖ Any **milk** that parents provide for their children must be **nut-free** (no almond, coconut, etc.) to ensure the safety of all children.

NUTRITIONAL LUNCH REQUIREMENTS

The following nutritional lunch requirements are set by the state. In addition, the food must not be a choking hazard and it must be developmentally appropriate in size, amount, and texture.

Requirement	Examples
1 serving of fluid milk 	Fluid milk (chocolate, skim, whole, soy)
1 serving of meat or meat alternative 	Lunchmeat, cheese, beans, eggs, poultry, fish

Requirement	Examples
2 servings of vegetables and/or fruit (one serving of each is recommended) 	100% fruit juice; sliced carrots, cucumbers, apple slices
1 serving of bread or bread alternative 	Bread, crackers, rice, enriched cereals

OUR POLICY REGARDING TREATS

- ❖ Please send treats **only** for your child's birthday or for a class party the teacher has planned.
- ❖ When sending treats for a birthday or class party, choose items **only** from the **Safe Treat List** below.
- ❖ Please **bring treats to the office**. We will double check them and take them to the classroom.

SAFE TREAT LIST

If a specific brand is mentioned, you **must** bring that brand.

COLD: Popsicle brand popsicles, Luigi's Italian Ice, Lemon Chills, Gogurt (good frozen), UDF brand vanilla ice cream cups, UDF sherbet

CRUNCHY: Lays Potato Chips (Classic), Cheetos (original), Nacho Doritos, Fritos (Frito Lay brand), Kettle brand plain chips, Tostito Scoops, Rice cakes, Goldfish pretzels, Rold Gold pretzel sticks and rods, Restaurant-Style Tostitos, Sun Chips (original, cheddar), Pringles (original, BBQ), Cheez-Its, Goldfish crackers, Keebler Club crackers, Townhouse Original

HEALTHY: whole oranges, clementines, bananas, apple slices (the kind that are pre-sliced & in a bag), cheese, cheese sticks, plain applesauce cups, cinnamon applesauce cups, Granny Smith applesauce cups

REFRESHING: bottled water, 100% apple juice, 100% grape juice

SWEET: Oreos, Keebler graham crackers (original, honey, cinnamon), Teddy Grahams (original, honey), Keebler Vanilla wafers, Barnum's Animal Crackers, Lorna Doone shortbread cookies, Fig Newtons by Nabisco, Kellogg's Pop Tarts (brown sugar & cinnamon, frosted strawberry), Lofthouse cookies