



Bullfrogs and Butterflies Nutrition Policy

We provide snacks that meet USDA standards for all of our children.

- We try to limit sugar and fat consumption as appropriate for the children's stage of development. Please make sure to pack a staple item (e.g. sandwich) daily along with a fruit, a vegetable, and water or juice.
- Teachers interact with children and encourage meals to be pleasant social times. Teachers interact with the children during snacks and meals and facilitate conversation.
- Children are encouraged, but not forced, to eat.
- Food is presented in a positive and objective manner.
- Children feed themselves because this is a self-help skill upon which we build continuously.
- Spilling or dropping food is treated as an accident. Children are helped to clean up accidents, but they are not made to feel guilty. A natural consequence of spilling is cleaning up.
- When children have finished eating, they prepare for participation in outside time, center activities, or rest time.
- We do not use food as a punishment or as a reward.
- We promote a healthy body image by supporting, accepting, and encouraging everyone equally. Children are never treated differently based on their body size or shape.