

ALTERNATE NUTRITION AGREEMENT

Young children are growing and the food they eat is the material their bodies need to grow. The food a child eats affects his/her growth, energy, attitudes, intelligence and general health.

Name of
Child: _____

Indicate food allergies or special problems: _____

A nutritious lunch or snack is composed of one or more foods from each of the following food groups:

1. protein (meat, eggs, cheese, peanut butter)
2. breads and cereals (bread, crackers, dry cereal)
3. vegetables and fruits (fresh, raw, cooked, canned, dried or juiced)
4. milk

Please choose from the above groups when making lunches or preparing snacks for your child. Some examples are: fruit (fresh or canned), crackers, yogurt, raw vegetables or cheese sticks. Drinks must be 100% fruit juice or milk. Candy or soda of any kind is unacceptable.

I agree to provide lunches and snacks as detailed above to meet my child's daily nutritional needs. I realize I may do this by selecting foods from home that meet the above recommendations.

It is agreed that the following meals and/or snacks will be provided as indicated. (Mark P for Parent or C for Center)

_____ _____ _____ _____ _____
breakfast AM snack lunch PM snack dinner

I agree to discuss any questions which might develop in the use of the Alternate Nutrition Agreement.

parent/guardian signature

date