

RCC Nutrition Policy

Rosslyn Children's Center prides itself on providing our children with nutritious, well balanced meals each day. We provide a morning and afternoon snack as well as a hot lunch. Our lunches are catered through Good Food Company, and the menu is guided and approved by a nutritionist, following the USDA guidelines. In addition, because it is our goal to exceed guidelines in our nutritional as well as our educational experiences, we offer an additional serving of fruit each day with our afternoon snack.

Because our philosophy and best practice support mealtime as a prime opportunity for social interactions as well as skill building in independence, fine motor and sensory development, RCC implements "family style meals". This style of snack and mealtime supports children's experiences in helping to set the table, prepare and serve the meal, serve and pour for themselves, control portion intake and share the experience with friends and teachers through "mealtime chatter" and extended conversation.

Because our meals involve passing food around the table for serving and sharing, as well as pitchers of water or milk to be poured (counting 1,2,3 stop...), it is critical that we have our families support in this endeavor. Children who bring food from home to augment our menu become limited in their participation of these activities – and, due to licensing regulations, of course, cannot share their food with others. In addition, teachers who are tasked with preparing individual meals for several children in the class are removed from the group experience. Therefore, we are asking our families that ***NO FOOD BE BROUGHT FROM HOME*** with the exception, of course, for any child who has an allergy or food restriction (supported by a physician's note) or family culture practice (which needs to be handled on an individual basis with the director). *Of course, this policy goes into effect once the child is of the age where he/she is eating table food and able to tolerate our menu.*

Please rest assured that, through the adherence to this policy, each of our children's needs will be respected and each of our children will be involved in and supported through the mealtime process.