

Nutrition/Snacks/Lunch

Because meals are a special time for social and emotional development, snack time and lunch will be experienced as a learning community. Children will assist teachers with setting the table and/or clean up. Each participating family will be responsible for their child's nutritional snack(s) and/or lunch and are encouraged to void high levels of sugar and sodium. Prepackaged lunches, although convenient, often contain levels of sugar and sodium that alter the learning experience. Full day children will need two snacks and a lunch and part day children will need one snack.



Lunch should consist of:

1. Milk, fluid
2. Vegetable and/or fruit
3. Bread or bread alternative
4. Meat or meat alternate
5. Desserts should be nutritional

Snacks should consist of:

1. Milk, fluid
2. One nutritional item, i.e., fruit, granola bar, vegetable, etc.

Preschoolers who are in full day care are required by the State of Arizona Office of Childcare Licensure to be provided with a mid-day rest period. Starting Blocks Academy's Daily Schedule includes a rest period each day from 1:00 p.m. to 2:30 p.m. for all children. Each child is assigned his/her own cot complete with a cot sheet and a light blanket which are provided for each child. Your child's cot sheet and blanket will be stored in a zip lock bag with your child's name on it. Cots will be sanitized and disinfected and bedding laundered each week. Children who do not require sleep at mid-day will be expected to observe rest time by engaging in quiet activities on their cot. Books, puzzles or other quiet activities will be available for children who do not sleep. A peaceful environment is maintained during rest time by providing low-level lighting and soft music