

Welcome to Sweet Pea Preschool,

We very happy that you have taken the time to consider Sweet Pea for your child's first experience away from home. We strive to make our center a warm and comfortable space that fits into the needs of each child. One of the areas that we are different than other centers is we require each family to bring a lunch for their child. We do this for three main reasons:

1. You know what your child likes and will eat. Allowing you to pack the lunch that encourages them to eat a well rounded meal that fits your family's wishes. We refrigerate all lunches and have microwaves available in each classroom. Milk is always served at lunch.
2. Each day you get to see what and how much your child has eaten. You are the parent and need to be the one to monitor your child's well being and growth.
3. The food you provide for lunch is a much better quality and nutritional value than what centers provide for lunch. Usually the food is mass produced, frozen, canned and full of preservatives.

All Children's lunches should include: 2 fruit servings or 2 vegetable servings or 1 fruit and 1 vegetable serving as per USDA guidelines. Fruit snacks do not count as a serving of fruit and have high sugar content. All juice should be 100% fruit juice. Capri Suns unless marked are not 100% fruit juice.

We encourage children to eat their healthy main course first before allowing them to have treats in their lunch. We ask that you do not send candy in lunches.

Our snacks are from the USDA guidelines and are served morning and in the afternoon. Our healthy snacks include: a protein, fruit, vegetables, dairy and grain. We serve as much fresh fruit and vegetables as possible. Milk is always served at lunch time.

We prepare some of our snacks with the children so that they can learn where food comes from and how to make healthy snack choices.

A copy of our snack menu is available on request.

Our afternoon snack is at 2:00. We have found that many of the children are hungry before dinner is served. So, we have added an additional 5:00 snack that the children can eat anything that is left over from their lunch or have crackers that we serve.

If you have any questions about healthy lunches or the snack we serve please talk to your child's teacher.

Sweet Pea Staff