

# Little Harvard

83 E. Main Street, Washingtonville, New York 10992

Phone 845-497-3212 / Fax 845-569-1939

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## **Little Harvard Food Program Guidelines 2023/2024**

**Little Harvard will provide your child with breakfast (served from 6:30 am through 8:15am), a morning snack, and an afternoon snack. Parents are required to provide a healthy and nutritious lunch.**

The following guidance will help you avoid potential allergen and choking hazards, as well as NYS Nutritious Food Program and OCFS regulatory violations.

- All food products must be **peanut and tree nut free**. They must be processed in a facility that does **NOT** manufacture peanuts or tree nuts. This includes walnuts, hazelnuts, almonds, cashews, etc. Please be aware that Nutella is a hazelnut spread. Sun Butter or WOW Butter are great alternatives to peanut butter. It has the same consistency and smell.
- All milk must be **unflavored**. We cannot serve chocolate, strawberry, or vanilla milk. Oat milk, goat milk, and soy milk are acceptable. Almond milk and cashew milk are nut derivatives and are not allowed. Milk, provided by Little Harvard will be served with every lunch meal, unless otherwise noted by a physician for a medical condition.
- Juice must be labeled **100% juice** and will be offered during afternoon snack only.
- Choking Hazards for age groups 12 months and older: fruit snacks and popcorn will not be allowed under any circumstances, grapes, cherry tomatoes, hot dogs, raw carrots and celery, and any meat larger than your thumb nail are considered choking hazards and **will not be served unless cut up into ½ inch pieces**.
- Lunch must consist of at least 5 components: Protein, Fruit, Vegetable, and a Carbohydrate. The dairy component will be provided by Little Harvard.
- Processed meats are not an acceptable food item for children under the age of 1 year, including hot dogs, sausage, and deli meat and cannot be served at school.
- Any breakfast item must contain **6 grams of sugar or less**.
- Any fast-food product will not be served (McDonald's, Burger King, Wendy's, Arby's, etc).
- Any party item that is considered a dessert can only be served after lunch or at PM snack.
- Holiday parties, birthday parties, and other special events that request parent/guardian donations will be required to follow the same guidelines as stated above.
- All reusable & disposable straw cups, water bottles, that enter the program can only contain water. All other liquids will be discarded. Only snacks provided by Little Harvard will be served daily to prevent allergy exposures. Snack from home will only be served to your child if they have a severe documented (by pediatrician/allergist) food allergy.

**Thank you for helping us create a nutritious and healthy meal program for our students.**

Student's name: \_\_\_\_\_ Date: \_\_\_\_\_ Parent's name: \_\_\_\_\_