

Winders Wee Care Meals and Snacks Procedure

Meals and snacks will be served at the times below. Meals and snacks provided will follow USDA guidelines. If you would like to see the guidelines, ask for a hard copy or view it online under policies and procedures. In order to provide your children with the safest standards, all utensils and food containers are BPA free. In addition, when possible Winders Wee Care utilizes fresh, frozen, and organic food products in order to decrease your child's exposure to chemicals and preservatives.

Unless a child has special dietary needs such as lactose intolerance, reliance on formula, or gluten-free diet, the children should not come to Winders Wee Care with any outside food or drink. This policy is due to the adherence to USDA Guidelines and unfairness to other children. If a child brings outside food, it will be put away until the child leaves. If a child brings a cup with juice or milk in it, they will be served the drink when the other children are consuming the same kind of drink.

No child will be forced to take a bite or to eat any food they do not wish to. If a child refuses food, they will be quietly ushered out of the room and out of the sight of other children as this negative behavior often influences other children. Winders Wee Care operates on the precedent that all children will eat when they are hungry enough.

Although USDA Guidelines are followed in our menu, there are times where children will be offered a special treat during a field trip or perhaps through homemade ice cream or other treats. These treats are sweet in nature. When these sweet treats are offered as part of programming and a child has not eaten the meal before, they will be given a healthy snack as opposed to the sweet snack. Winders Wee Care does not endorse junk food eating without proper nutritional needs being met first.

On Fridays, children will be sent home with the cookie of the week. A serving of 2 cookies per person in the family will be sent with the child. On Wednesday, a dessert of the week is made and if it is portable, it will also be sent home with the child.

Breakfast	7:30 am – 8:00 am
Morning Snack	9:00 am – 9:30 am
Lunch	11:30 am – 12:00 pm
Afternoon Snack	3:00 pm – 3:30 pm
Dinner	5:00 pm – 5:30 pm
Night Snack	7:30 pm – 8:00 pm