



Food and Nutrition

We believe in providing healthy food choices for the children in our school. Our goal is to expand their palates by providing a variety of food choices, encourage children to try new foods, maintain a healthy balance between the food groups, and think of food in a positive way.

Food and nutrition is an integral part of our daily routine. When planning and preparing our homemade meals, we incorporate a variety of seasonal foods, fresh ingredients, as well as things that taste good.

In order to facilitate problem eaters, and keep mealtime positive, we think about the following, so that we are not asking children to do something that they are not capable of doing.

- When serving food, we take a good look at the amount of food that we are giving children. Smaller portions not only allow for good decision making skills, but it also allows for children to “ask” for more, therefore, using their manners and language skills.
- By giving smaller portions, it allows children to think about how much food their bodies need or requires. We then ask them “would like a little more, or a lot?” Once again, we are incorporating a variety of skills.