



**GLENDALE COMMUNITY COLLEGE
CHILD DEVELOPMENT LABORATORY SCHOOL**

NUTRITION POLICY

Name of Child _____

Name of Parent(s) _____

Nutrition and cooking experiences are an active part of our curriculum. Cooking activities are used to enhance cognitive development enabling the child to experience hands-on pre-math, pre-reading, science and motor perceptual skills. But more importantly, we endeavor to provide an example of good nutrition with wholesome foods included in the four basic food groups. We do this because we know that foods children eat affect their growth, development, ability to learn and general behavior.

To reinforce this policy, the staff asks that you prepare nutritional lunches or dinners for your child(ren) and refrain from sending foods which contain excessive amounts of saturated fat, sugar or potentially harmful food additives such as: soft drinks, candy, jellied sugar doughnuts, sticky cakes, and rich pastries. These foods have little or no nutritional value and are usually high in calories and cost. The staff will reserve the right to return undesirable food items at the end of the day.

All foods and beverages brought from home must be labeled with the child's name and date. Food that comes from home for sharing among children must be either whole fruits or commercially prepared packaged foods in factory-sealed containers.

By your cooperation in adhering to our nutrition policy, we can have a continuum of philosophy throughout the day and evening and use lunch or dinner time as a learning environment for your child(ren) and the students involved with the program.

Thank you for your cooperation in this matter.

Please sign that you have read and agree to the above policy.

Parent/Guardian Signature

Date