



**ScuttleBugs**  
CHILD DEVELOPMENT CENTER

**FOOD POLICY**

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## Table of Contents

Table of Contents .....	2
Introduction.....	3
Food Philosophy .....	3
What’s Provided .....	3
Breastfeeding .....	3
Allergies and Restrictions .....	4
Procedures and Practices .....	4
Accommodations.....	5
Communication with Families .....	5
Nutrition .....	5
Milk and Alternatives .....	5
Meat and Alternatives .....	6
Liquids .....	6
Banned and Avoided Foods.....	6
Continuing Education .....	6
Implementation of the Food Policy .....	6

## Introduction

Promoting children's health is an important aspect of a quality early childhood education program. ScuttleBugs provides all of your child's snacks and meals while in our care. In fact, we acknowledge that up to 50% of your child's nutrition may be coming from our food program. We recognize the important connection between a healthy diet and a child's ability to participate and learn effectively. Management also acknowledges ScuttleBugs' role, as part of the larger community, to promote family health, and where possible, sustainable agriculture and environmental restoration. ScuttleBugs recognizes that the social aspect of a family dining environment is a fundamental experience for all people; a primary way to nurture and celebrate our children in all their personal and cultural diversity, and an excellent bridge for building friendships and emotional competencies.

## Food Philosophy

ScuttleBugs' diverse menu includes nutritionally balanced meals which reflect a wide variety of cultures and global cuisines. We encourage the children to try all the dishes on our menu, and believe that this diversity will broaden both minds and palates. In general, ScuttleBugs does not allow food from home. In the event of concern for an allergy or doctor advised dietary restrictions, parents can request a meeting with Center Management to discuss whether the center can meet the child's specific nutritional requirements.

## What's Provided

ScuttleBugs is a full-service program, and takes great pride in our healthy, diverse menu. We provide Breakfast, AM Snack (Brunch), Lunch, Afternoon Tea and Evening Snack. Except for infants (12 months and under), all meals are served at set times. Kindly note we will not "hold" food/milk to be served to your child outside of these times. Water is readily available and frequently offered throughout the day.

## Breastfeeding

ScuttleBugs actively supports a family's right to breastfeed their child(ren) while in our care. Measures taken to accommodate breastfeeding include:

- Proper handling, storage and serving of bottled breast milk.
- Providing a comfortable and discreet space for mothers to breastfeed at the center.

## Allergies and Restrictions

Food allergies are becoming more common among infants and young children. Allergic reactions can range from mild skin rashes to severe, life-threatening reactions with breathing difficulties. It is important to reduce the likelihood that these reactions will occur while the child is at the center.

### Procedures and Practices

The following procedures and practices will be followed with respect to allergies:

- No nuts or products containing nuts will be served at ScuttleBugs.
- We do not serve direct honey or seafood (fish & shellfish etc.).

When children with food allergies register at ScuttleBugs, parents will be provided with the Food Allergy Action Plan to be filled out by the child's parent/guardian. (Attached in Appendix 1) This action plan must be filled out and returned to ScuttleBugs before the child begins our program.

If your child has any dietary restrictions and/or food allergies, a discussion with Center Management will be necessary to determine if ScuttleBugs can meet your child's specific food/beverage requirements. Depending on the outcome of this discussion, substitutions or omissions MAY be accommodated, but will depend on the breadth of the need or request.

Based on the child's Food Allergy Action Plan, caregivers will put into practice:

- Preventing exposure to specific food(s) that trigger an allergic reaction.
- Recognizing the symptoms of an allergic reaction.
- Treating an allergic reaction.

Parents and staff will:

- Ensure the center has the appropriate medication on site (if necessary).
- Ensure the proper equipment and instruction for usage is provided.

ScuttleBugs will:

- Ensure proper storage of medication and equipment.
- Participate in training for medication administration and use of medical equipment where necessary.
- Promptly take steps outlined in the Action Plan if a reaction occurs.
- If a reaction occurs, notify emergency medical personnel if warranted, or if epinephrine has been administered.
- Notify parents of any allergic reaction or possible contact with food that may cause an allergic reaction.

An individual child's food allergies will be posted prominently in classrooms and/or wherever food is prepared (care will be given to confidentiality issues). A child's Allergy Action Plan and medication will be taken on field trips, including neighborhood walks.

## Accommodations

- If your child does not eat all meat types, they will be served the vegetarian option for that meal.
- We are unable to accommodate alternate/lifestyle diets (such as Vegan) nor deviate from our set menu for individual food preferences.
- We can accommodate no "direct" foods such as eggs and milk
  - substitutions will be made.
- We cannot accommodate "indirect" foods such as eggs or milk cooked into food items.

## Communication with Families

The partnership and involvement of parents with ScuttleBugs is important to promote healthy eating. At ScuttleBugs, we will:

- Post monthly menus on the ScuttleBugs Parent Portal
- Post the definitive weekly menu in advance in the entry foyer, which will contain any modifications that may occur due to unavailability of produce.

## Nutrition

As mentioned, ScuttleBugs provides all of your child's snacks and meals while in our care. In fact, we acknowledge that up to 50% of your child's nutrition may be coming from our food program. We also recognize the important connection between a healthy diet and a child's ability to participate and learn effectively.

## Milk and Alternatives

Milk and milk alternatives provide protein, vitamins A and D, calcium, phosphorous and magnesium. Whole milk will be served to children younger than 2 years, and 1% milk to children 2 and older.

## Meat and Alternatives

Meat and alternatives are a source of protein, iron, B vitamins, and zinc.

- Alternatives – ScuttleBugs is committed to serving meat alternatives in the form of tofu, eggs, legumes, vegetables high in protein, and plant based meat substitutions.

## Liquids

Milk and/or water will be served at each meal. No other liquids will be served. Access to water will be constant, and older children, capable of serving themselves, will be equipped to do so with fresh water and cups provided at a height which provides accessibility. Children will be reminded often to stay hydrated.

## Banned and Avoided Foods

The following are banned from ScuttleBugs' classrooms and kitchen (See Allergies on Page 2 above):

- All nuts and nut products, as well as processed foods which may contain nuts
- Seafood
- Honey

Please also note that sugars and fats are used sparingly in ScuttleBugs menu creation.

## Continuing Education

All cooking staff at ScuttleBugs are certified in ServSafe or similar certification. We are committed to furthering the education of our Cooks and will assist in providing opportunities for continuing education.

## Implementation of the Food Policy

Staff members are given a copy of the policy. Parents will be informed via email as to any changes to the food policy. The policy is available on our website.