



Rocking Horse Academy Healthful Food & Beverage Policy

Rocking Horse Academy strives to promote health and wellness for the children in our program. We are committed to good nutrition as an integral part of the early childhood experience. Not only do children benefit physically, but they are also learning the importance of good nutrition. Our snack menus adhere to the minimum daily requirement standards, and we have limited sweets and sweetened foods on our menus. All meals meet the USDA Nutritional Guidelines. They are carefully planned to appeal to the tastes of young children so they eat more. As mentors and role models for children and families, we work hard at maintaining a healthful image at work and providing healthful opportunities and choices to our community and clients.

Therefore, RHA provides water and milk for all of its students, regardless if they bring lunch from home or purchase a school lunch. (We may offer 100% juice in limited quantities to satisfy nutritional guidelines.)

In accordance with TxDFPS Minimum Standards, water will always be provided throughout the day as well as for all snacks and meals. **A labeled water bottle or sip cup must be brought in daily, filled with water only (no juice or milk). Please take them home each day and return the following day with a clean water bottle.** Bottles will be refilled with tap water unless parents provide an alternative drinking supply. (i.e. bottled jugs of water)

***Our school will no longer serve beverages sent in children's lunch boxes from home.**

"Why has RHA chosen to not allow juice or fruit punch from home? "

Numerous health care professionals and The American Academy of Pediatrics and state licensing have the following recommendation about juice. "Children under 6 years old should not drink more than 4-6 ounces of juice per day." "You must not serve beverages with added sugars..." Our goal is to help promote more consumption of water to ensure our children are properly hydrated. **Also having a consistent beverage policy for all of our children will cut down on the confusion of why some children get "different" drinks while others are expected to drink milk or water.**

The only exception is parents providing beverages for a birthday or for a holiday/celebration day or field trips.

If your child has dietary restrictions or allergies, we must have written notification in your child's file. We will require a doctor's statement documenting the allergy and procedures we would follow should a child have a reaction while at school. RHA will not provide for these restrictions or allergies; therefore, families will need to provide alternate food options for snacks and lunch daily.

Also students will not be served any candy while here at school, and it will be returned in their lunch boxes.

Foods served should encourage healthful eating and should include fresh fruits, vegetables, whole grains or other healthful options.

We appreciate your understanding and support in this matter.