



Snacks

Snacks provided to children at the YCP meet VDSS licensing regulations (which reflect USDA guidelines for Child and Adult Care Food Programs). These regulations require that snacks include two offerings (drink and/or foods) chosen from the following four groups: milk, fruit/vegetable, grains/bread, meat/meat alternate. Children are not required to eat.

In addition to VDSS mandates, the YCP abides by the following guidelines:

- Foods that come from home for sharing among the children must be either whole fruits or commercially prepared packaged foods in factory-sealed containers.
- Children younger than age four may not be served these foods: hot dogs (whole or sliced into rounds), whole grapes, nuts, popcorn, raw peas, hard pretzels, spoonfuls of peanut butter, or chunks of raw carrot or meat larger than can be swallowed whole.

Parents are responsible for notifying the teacher in writing of specific food allergies or special dietary needs. Snack menus are posted at the beginning of each week.