



## NUTRITION AND ALLERGY AWARENESS

A cornerstone to our program is providing proper nutrition for building healthy minds and bodies. Our incredible Chef prepares all lunches and snacks to ensure that children receive the highest standards for wholesome nutrition and an allergy-safe menu while at DIA.

### **According to the CDC:**

- Food allergies affect an estimated 8% of children in the United States (that's 1 in 13 children!)
- Children age 2 years and older need to follow a healthy eating pattern that includes: a variety of fruits and vegetables, whole grains, low-fat dairy, a variety of protein foods and oils.

### **Nutrition**

Our students are provided with wholesome, healthy and delicious meals for breakfast, lunch and snack time, prepared in-house by our incredible Chef. We serve organic milk, whole grain and nutrient-packed fresh and frozen products. Our menu consistently includes delicious items like blackberry pancakes, pesto chicken pasta with spinach and artichokes, and pineapple bread pudding. Yum!

Mealtime is not only a time to eat, but a time to learn as well. Family-style dining is taught in the classroom to encourage cooperation and sharing at the table. Our school garden regularly provides some of the delicious fruits and vegetables we eat at DIA! We have found that caring for a living thing, watching it grow and thrive, and reaping the harvest and enjoying it family-style, teaches respect, pride and commitment.



## Allergy Awareness and Anaphylaxis

For our students who may have an allergy we strive to create the safest environment possible for them. DIA has a very strict no outside food policy, to allow us to create a controlled environment in which we can monitor all food in the building. The *only* exception to this policy is for students who arrive between 6:30am and 7:30am. These students have the option of bringing in breakfast containing only items from the list below found in our Parent Handbook:

- English Muffins
- Bran, Banana or Berry Muffins (ABSOLUTELY NO NUTS)
- Cereal: Quaker Squares, Cheerios, Apple Cinnamon Flakes, Frosted Mini Wheats
- Fresh Fruit Slices
- Yogurt
- Banana Bread (ABSOLUTELY NO NUTS)
- Unsweetened Applesauce
- Hard Boiled Eggs w/ Toast
- Raisin Bread
- Cheese Sandwich
- Bananas

Another way we create a safe environment is by having children wash hands AS SOON they arrive at school. You'd be shocked at how many allergens can travel from your home on your child's hand, like peanut butter toast they may have had that morning! In addition, we always encourage our non-allergy families to be mindful and help keep DIA safe! All of our teachers have been trained on how to use EPIPens and know exactly how to handle an allergy situation if one were to present itself.

**If your child has a valid allergy, you can be assured that DIA will create an alternative menu for your child each day free of charge!\***

\*Preference menu not included



## From One of Our DIA Families...

*"We were so worried about putting our son in daycare due to his life threatening allergies (peanuts/all tree nuts). Rest assured we did a tour, spoke with the teachers and chef and were totally comfortable! The staff is beyond amazing and our son who's never been away from family has learned incredibly fast and a lot too. My husband and I wouldn't settle for anywhere else and so glad we kept on the waiting list. If your looking for staff that has to have a degree of childhood education, compassion for your child and knowing that if your child has an allergy they will go above and beyond for you. We are most grateful for this place and glad to be apart of DIA!"*

*-The Oakes Family*

## Helpful Resources

<https://www.cdc.gov/healthyschools/foodallergies/>

<https://scfarmtoinstitution.org/farm-to-preschool/>

<https://aafa.org>

<https://healthprep.com>

<https://medicfacts.info/anaphylaxis>



### About Sharon

Sharon has been at DIA since July of 2018 and is one of our fabulous MMO teachers! She loves the energy she receives from working with children and believes that they represent hope for the future! "DIA is an extremely special place because this school really cares about the welfare of the children and their families. They want to make sure that every child is in a safe environment." We are so lucky to have Sharon as part of our school!



### About Latasha

Latasha has been our chef at DIA for almost two years. She plans and prepares incredibly delicious (and nutritious!) meals for our students every day that encourages them to try new foods and eat balanced meals. Helping develop healthy kids who are full and ready to learn is one of DIA's most important jobs. We are so thankful to have Latasha on our staff!