

## Food Brought From Home Policy

**Reason this policy is important:** Children are more susceptible to food borne illnesses and poisonings than adults. Food borne illnesses and poisonings can result from food that is improperly cooked and stored. It is important that food brought from home, if not restricted at the facility, is safe, clean, and provides the daily nutrition for the growth and development of the child.

### **Procedure and Practices, including responsible person(s):**

For all infants and children within the care of the facility:

\_\_\_\_\_ (staff title/name) shall ensure that if food is provided by the parents, each individual child's lunch brought from home is labeled with the child's name, the date, and the type of food.

\_\_\_\_\_ (staff title/name) shall ensure that food brought from home is stored at the appropriate temperature and if preparation is necessary, shall be prepared according to the Food Safety Policy.

\_\_\_\_\_ (staff title/name) shall ensure that foods brought from home are not shared with other children. (if a child has a food allergy in the class, it would be important to state that a staff member is also reviewing the contents of all foods brought from home to ensure that any food brought from home does not contain any possible susceptible allergen.

\_\_\_\_\_ (staff title/name) shall ensure that foods brought from home meets the child's nutritional requirements. If a meal provided by a parent is not nutritionally complete, \_\_\_\_\_ (staff title/name) shall supplement it with the appropriate food available in the child care facility, as long as the supplemented food is age appropriate and meets USDA requirements.

Continual exclusion of necessary nutritional and dietary needs from lunches or snacks brought from home may be addressed by \_\_\_\_\_ (staff title/name) by providing information on nutrition and dietary needs of the child.

\_\_\_\_\_ (staff title/name) shall provide refer the parent or guardian to a nutrition specialist, primary health care practitioner, or community resources with trained nutritionists/dieticians (such as health departments or WIC).

\_\_\_\_\_ (staff title/name) shall ensure that foods brought by staff or families for sharing with children in the child care facility have been purchased at a location inspected and approved by the health department, and do not contain ingredients that cannot be on-site due to a severe food allergy of children or staff.

**When the policy applies:** For children of all ages within the child care facility.

**Communication plan for staff and parents:**

Staff and volunteers will receive a written copy of this policy in their orientation packets before beginning work at the child care.

Parents will be informed of this policy upon enrollment and will be notified when food allergies of children and staff result require a change in allowable food items to be brought on site.

**References:**

CARING FOR OUR CHILDREN, National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs. 2<sup>nd</sup> Edition. American Academy of Pediatrics, American Public Health Association, and U.S Department of Health and Human Services. 2002 <http://nrc.uchsc.edu/CFOC/>

**Reviewed by:**

\_\_\_\_\_ Director/Owner

\_\_\_\_\_ Health Professional (physician, nurse, dietician, health department, EMS, Health consultant)

\_\_\_\_\_ Staff member

\_\_\_\_\_ Other (parent, advisory committee)

**Effective Date and Review Date:**

This policy is effective \_\_\_\_\_ (date) and reviewed annually \_\_\_\_\_ (date) or as needed