



## Treehouse Nutrition + Meal Guide

Providing our students with quality nutrition is of utmost importance to us here at Treehouse! Although we are in a transitional period and temporarily unable to provide our daily lunches, we want to help set families up for success when it comes to nutrition.

Please review this guide and reach out to Teacher Sydney via email at [sydney@thetreehousenurseryandpreschool.org](mailto:sydney@thetreehousenurseryandpreschool.org) with any questions or concerns.

### What Treehouse will provide:

-AM + PM snacks **daily**.

-**Lunch on Fridays, only**. Our morning activity will be vegetable chopping, where the children will be involved in the food prep for our delicious Stone Soup. **Please bring a vegetable to share (such as a carrot, a clove of garlic, or a small potato) if your child(ren) attends on Fridays!**

-Cow's milk with lunch (a requirement of the Early Learning Division - ELD). If your child needs an alternative milk, you may provide that and we will still serve them water. **Please inform Teacher Sydney if this is the case.**

-Fresh water in bottles that we sanitize daily. Please do not send your child(ren) with a water bottle.

### What families will provide:

-Packed lunch Monday - Thursday for the days your child(ren) attends. **If you pack perishables, please include adequate cold packs.**

### Important notes on lunches:

-**We will not be reheating lunches** - please provide foods that are enjoyable cold as we will be refrigerating lunch bags (see below for ideas).

-Through the ELD, each child's lunch is required to meet the following nutritional guidelines:

- Include at least one serving from each of the following food groups:

- Breads and grains
- Meat, fish, poultry, or meat-alternatives (beans, lentils, nuts/nut butter, tofu, eggs, cheese, yogurt)
- Two servings of fruits and vegetables
- Please minimize any sugary foods or food with difficult wrappers

**If lunches do not meet these requirements, the school is required to supplement to meet nutrition guidelines. We understand that oversight happens when packing lunches and we are committed to supporting your children. If this occurs multiple times, however, we will need to discuss adding a possible fee to cover the costs associated with the supplementation.**

### **Lunch Ideas + Tips:**

-Here are a few lunch ideas that meet the above USDA requirements and work well for a cold lunch:

- Nut butter + jelly sandwich served on whole grain bread with carrot sticks and apple slices
- Black bean dip, quinoa or tortilla, avocado, and bell pepper
- Whole grain crackers, hummus or cheese, cucumber slices, and carrot sticks
- Pasta salad with garbanzo beans, sliced cherry tomatoes, and olives
- Rice with hard-boiled egg, broccoli, and peas

-When packing a lunch for school, please keep these tips in mind:

- While we are here to ensure the children in our care are being properly nourished, we are not here to judge food choices. Please pack items that your child(ren) enjoys, fit within your budget, and honor your food and cultural preferences.
- Find a pattern that works for you and your child(ren)! Some kids love to eat the same foods every day of the week while others crave variety (especially when seeing what others have in their lunchbox).

### **Resources to Support You:**

-Teacher Jenna has created The Treehouse Cookbook with 25+ kid-friendly, nourishing recipes + tips and tricks for picky eaters and cultivating healthy relationships with food. Recipes include student favorites like Oatmeal Peanut Butter Energy Bites, Baked Tofu, Veggie Fritters, and

Zucchini Bread and the book also features student artwork, songs and rhymes from our program, and tips for sweetening without sugar and baking without eggs.

The books cost \$25 and are printed and bound locally - all proceeds help support our school. Please reach out to our Office Manager, Bethany, if you would like to purchase one.

 Kids' Charcuterie Spread

PREP TIME: 10 MINUTES

This is more of a template rather than a recipe. I love pairing various nuts, seeds, cheeses, vegetables, crackers, and fruits together for a fancy yet simple snack!

Choose 3-5 of the following:

- |              |                 |
|--------------|-----------------|
| Fruits       | Nuts/Seeds      |
| Apples       | Cashews         |
| Pears        | Peanuts         |
| Oranges      | Brazil nuts     |
| Grapes       | Almonds         |
| Bananas      | Sunflower seeds |
| Dried fruits | Pumpkin seeds   |
| Vegetables   | Fun extras      |
| Carrots      | Cheeses         |
| Bell pepper  | Meats           |
| Cucumber     | Jam             |
| Celery       | Honey           |
| Broccoli     | Crackers        |

Sometimes children need a bit of encouragement to eat well, such as a verse to spark their imagination and relate to. Give this one a try when serving raw carrots:

*There once was a snowman with a carrot nose.*

*Along came a bunny, and what do you suppose?*

*That hungry little bunny, he was looking for some lunch.*

*He saw the snowman's nose...nibble, nibble, crunch!*

Directions:

Assemble your chosen ingredients on a plate and serve. I recommend starting with small amounts of everything for your little one and having more on hand to restock their plate!



 Kids' Charcuterie Spread



Apple  
By Ian Kramer

-We absolutely love the meal plans and picky eater guides created by Jennifer Anderson at [Kids Eat in Color](#). She also has a great [article](#) about lunchbox ideas if you are looking for a new one!