



DEARBORN HEIGHTS MONTESSORI CENTER • LIVONIA MONTESSORI SCHOOL • PLYMOUTH-CANTON MONTESSORI SCHOOL

## FOOD GUIDELINES

Our primary goal is to keep the children safe, and we have established procedures and practices to support that aim. Many children have dietary restrictions, either because of religious or values-based beliefs, or because of allergies to certain foods. At the levels where snack is served, we are committed to offering nutritious foods to the children, and menus are posted. Licensing and accreditation requirements also influence our selection and handling of classroom food.

Most of the time, foods in the classrooms are managed by the teachers, but in instances where food for the group is brought from home, the following guidelines apply:

1. **TEACHER APPROVAL REQUIRED:** All foods brought from home must be pre-approved by a teacher.
2. **COMMERCIAL PREPARATION REQUIREMENT:** All foods from home must be commercially prepared (i.e., store-bought). Baked goods must be in original packaging, with ingredient labels intact. Fruits and vegetables are encouraged, but must also be prepared and packaged commercially (for example, a fruit or vegetable tray).
3. **BIRTHDAYS:** Each classroom has an established procedure for acknowledging birthdays. Birthday celebrations are kept quite simple; usually the child brings a treat for the class and is honored during a short ceremony. Prior to a child's birthday, parents should check with the teacher about the specifics of the celebration and suggestions for a treat that is appropriate for all of the children in the group.
4. **HOLIDAYS:** When holidays are celebrated in the classroom, the teachers may sometimes ask for volunteers to contribute specific foods which fall within the dietary guidelines of the children in the class. A note may be sent home or a list posted outside the classroom. Exceptions to these practices are made for family celebrations that take place in the elementary and middle school classrooms.
5. **"GOODIE BAGS" PROHIBITED:** Although the children enjoy receiving them, it is impossible for the teaching staff to monitor the contents of "goodie bags." Therefore, in the interest of safety, we ask that parents not send them.