



## **Meals and Introduction of Solids while at our Center**

We proudly offer three home made meals each day at our Centers! After a long search for a good catering company, we found Centronía and partnered with them within our first year in operation, back in 2013.

Centronia was chosen by Former First Lady Michelle Obama to launch her program, "Let's Move!". They cook every meal using the best ingredients provided by local farms and offer an amazing menu, with a nice variety of foods each day.

For our infants, we have a full time cook at each of our Centers, who prepares all the meals for our babies using organic ingredients.

The meals we provide for all our children, either from our own kitchens or Centronia's, are free of sugars and artificial ingredients, we feel very proud to offer such a healthy and fresh menu!

**Due to how delicate is to introduce new foods as part of an infant diet, we require that ALL the foods in our Infant Menus are tried at least once at home first. When this might sound a little overwhelming, it's great practice for this critical process of introducing solids in your baby's diet and, given our Infant Menus are kept very consistent, should not present a big challenge.**

**Foods that are considered allergens, need to be tried at least 3 times. After those trials, our parents need to provide us with the written approval (via email to your Center Directors) for us to start offering those foods to their babies, here at Bambini.**

This is the note included on the top portion of all our infant monthly menus:

*"Dear Parent, if your baby or child is just starting solids, please complete the following information Name of your child: \_\_\_\_\_ / Class: \_\_\_\_\_ How many meals you'd like for your child to eat at Bambini? \_\_\_\_\_ Which are those meals? \_\_\_\_\_ Please cross the foods you'd like us to HOLD OFF from offering your baby until further notice. **Remember that all allergens (fish, eggs, lentils, soy, pineapple, berries, wheat, milk and hummus, due to sesame seeds) will need to be tried at least three times at home and we'll need approval from you, before we can offer them to your baby at our center. Thanks for your attention and for helping us to keep your child healthy and safe!"***

Each month, we'll share via Brightwheel (around 10 days before the end of the month) the menu for the following month to all parents in our Infant Classrooms. Parents will need to complete the top portion included in the paragraph above and cross the foods they'd prefer us NOT to offer their babies until further notice. Our menus are always posted in our website: <https://www.bambinicdc.com/our-program/our-nutrition-program/>

In addition to this document, we strongly encourage you to read the document "Feeding Solid Foods: Chapter 6" which is attached. It summarizes our approach to feeding infants.

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Name of Infant

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Name of Parent

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Signature

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Date