



4759 15<sup>th</sup> Ave, NE, Seattle, Wa 98105

## Co-op Lunch Policy

- The Co-op provides milk for all children. No other drinks should be included in a child's lunch unless they are prescribed by the child's special dietary needs.
- Parents should send a lunch packed with USDA guidelines in mind. This includes...
- **1 serving of bread or bread alternative** (1/2 slice bread, of 1/2 roll, or 1/4 cup cooked pasta or cereal grain).
- **1 serving of meat or meat alternative** (1 1/2 ounce meat, poultry or fish; or 1 1/2 ounces of cheese or cottage cheese; or 1 egg; or 3/8 cup cooked or dry beans/dry peas; or 3T soy nut butter or seed butter; or other combination protein).

Please keep in mind that these are guidelines, your child may require more or less than the amounts listed.

- Trading food between children will not be permitted. This ensures that parents know what their child is and is not consuming.
- The staff understands a family's desire to include goodies or even 'healthy' treats in children's lunches, but feel that it would be most fair to all of the children not to allow any treats.
- Treats include items such as fruit roll ups (fruit leather made with only dried fruit is ok), yogurt with high sugar content, chips, candy, pudding, cake, pie, gummy fruit, and much of the prepackaged food that is convenient for packing a quick lunch.
- The Co-op will provide an 'emergency lunch' of fruit, crackers, and cheese for any child who forgets to bring a lunch.

**DUE TO SERIOUS ALLERGIES, WE CANNOT ALLOW PEANUT BUTTER OR OTHER PEANUT PRODUCTS INTO THE CO-OP.**