



Food Substitutions at Cosmopolitan Kids

- ❖ Allergies and Medically Modified Diets (diabetic, celiac, etc.):
 - The child must have an allergy form and/or an Individualized Care Plan filled out and signed by their pediatrician on file at the center
 - Any treatment for an allergy outbreak outlined by the doctor must be stored at the center (i.e. Benadryl or an epi-pen)

- ❖ Food Preferences (organic, vegetarian/vegan, etc.)
 - Preferences must be submitted in writing to Cosmopolitan Kids

- ❖ **For All Substitutions**
 - All substitutions, whether by preference or due to medical conditions, must be supplied by the child's family
 - Substitute foods may be provided daily, or kept at the center and replenished as needed
 - Substitute foods should resemble our menu as closely as possible
 - Center staff will be able to reheat or microwave items, but will not be able to prepare meals from scratch
 - All substitutions **MUST** meet licensing guidelines for nutrition and be comprised of the following components:
 - Breakfast:
 - A fruit or vegetable or 100% fruit or vegetable juice
 - A dairy product (such as milk, cheese, cottage cheese, yogurt)
 - A grain product (such as bread, cereal, rice cake or bagel)
 - Lunch:
 - A dairy product (such as milk, cheese, cottage cheese, yogurt)
 - Meat or meat alternative (such as beef, fish, poultry, legumes, tofu, or beans)
 - A grain product (such as bread, cereal, rice cake or bagel)
 - Two fruits, two vegetables, *or* one fruit and one vegetable
 - Snack:
 - Two of the four following components:
 - A dairy product (such as milk, cheese, cottage cheese, yogurt)
 - Meat or meat alternative (such as beef, fish, poultry, legumes, tofu, or beans)
 - A grain product (such as bread, cereal, rice cake or bagel)
 - A fruit or vegetable or 100% fruit or vegetable juice

If your child is on an individualized meal plan and the appropriate food substitutions have not been supplied by the family, Cosmopolitan Kids staff will telephone the parent or guardian and require that food be brought to the center immediately.