

PARENT HANDBOOK 2017-2018



110 W. North St

Charles Town, WV 25414

(304) 725-1811

Asburyslittleangels.org

Statement of Purpose

Asbury's Little Angels Preschool prepares young children for a lifetime of learning and faith in Jesus, through a Christian faith based curriculum and learning environment that encourages children to love learning and grow in their faith.

Mission Statement

It is the mission Asbury's Little Angels Preschool to provide a safe, loving, affordable Christian faith based educational environment for children. We provide a fun learning experience for children to grow in their social, emotional, intellectual and spiritual needs. We provide children a hands-on experience with art, dramatic play, manipulatives, math, reading, literacy, and science as well as structured group activities and gross motor play, using a Christian faith based curriculum that promotes Christian values.

We offer educational opportunities for children ages three, four and five years old. We offer two sessions times 8:45am-11:30am Monday-Friday and 12:30-3:15pm Monday- Friday. Each child may enroll in one educational program per day. The center also offers extended care hours from 8am to 4pm Monday through Friday. Students enrolled in the extended care program will attend a morning educational session and receive extended care services such as lunch and quiet time in the afternoon.

Nondiscrimination Statement

Asbury's Little Angels Preschool does not discriminate, in any of its policies or programs, against anyone one based race, color, age, gender, religion, national origin, ethnic origin, handicap, or any other factor protected by law.

Liability Insurance and Emergency Drills

Asbury's Little Angels Preschool carries liability insurance coverage for all children and staff members. This coverage may be limited based on the accident/injuries. We also perform emergency drills and evacuations per licensing regulations.

Enrollment

There are several forms that make up the enrollment packet. This enrollment packet must be complete and in our possession before your child may attend. This is to ensure that your child will get the very best care possible and satisfies the record keeping requirement of state licensing guidelines. All forms will be reviewed annually. If there are changes to any of the information on forms in the enrollment packet throughout the year, please notify the director to update your records.

Asbury's Little Angels Preschool will accept children ages three, four, and five years old. For the four/young five year old class, the child must be four prior to September 1. For the three-year-old class, the child must be three prior to September 1.

All children must be toilet trained and able to use the bathroom independently.

The parent or guardian must provide a health assessment signed by the child's health care provider within 30 days after enrollment. A copy of the West Virginia DHHR Health Assessment is available in the preschool office. All immunizations must be up to date and a copy must be on file in the office within 30 days of enrollment. Asbury's Little Angels requires a signed statement from a licensed physician if immunizations are not up to date.

Hours of Operation

Asbury's Little Angels is open from 8:00am-4:00pm Monday-Friday.

Our preschool education sessions times are 8:45am- 11:30am and 12:30pm -3:15pm.

Each child may only be enrolled in one educational session per day.

Our extended care hours are 8:00am-8:45am and 11:30-4:00pm. Extended care students will attend a morning educational session and then receive extended care services such as lunch and quiet time in the afternoon.

Tuition and fees

The preschool tuition for September through May is:

\$250 per month for 5 days, \$175 for 3 days, and \$125 for 2 days

Tuition for extended care is \$300 per month or \$20 per day, this tuition is in addition to the preschool tuition.

Supply fee: There will be a \$75 non-refundable supply fee due at the beginning of each school year.

Late pick up fee: There will be a \$10 fee for every 10 minutes late a child is picked up. Habitual late pickups may result in disenrollment.

Parents are responsible for making payments on time.

Payment may be made in cash, or by check or money order.

Checks and money order should be made out to: **Asbury UMC**

Payments are due the 1st of every month.

If payment is not received within a 5-day grace period, a \$25 late fee is applied.

A charge of \$35 will be assessed for any declined payments. Late payments beyond 30 days may be grounds for disenrollment. If you are experiencing financial difficulties, please contact the office to make arrangement before the grace period ends.

Note: Fees are based on enrollment (a reserved space), not on attendance. To maintain a reserved space, fees must be paid during the absence of a child due to illness, holidays, vacation, or for any other reason.

Withdrawal

Should the parent or guardian choose to withdraw their child for any reason, a written notice to the director is required. You will be responsible for any fees incurred until notice is given. The child's file will be kept for 3 years following the withdrawal date, per state regulations. After the 3-year period, the file will be permanently deleted and all physical copies will be destroyed.

Drop off and pick up

Our procedure is to release the child only to the child's guardian or persons listed on the Pick-Up Authorization and Emergency Contact Forms.

The person dropping off or picking up the child must sign the child in and out of the school with a signature, time, and date. Children will not be released until they have been signed out by an authorized person.

If someone other than the usual person is to pick up the child, please notify the center ahead of time. A verbal notice on the same day for authorized persons is sufficient. If the person is NOT on that list, we **MUST** have written signed and dated permission to release your child.

Everyone picking up children will be subject to having identification verified with a photo id. Please insure that everyone coming to pick up your child is aware of this policy.

Ratios

There will always be a minimum of two staff members in the building at all times. A staff member will be within sight and sound of the children at all times. The classrooms will maintain state ratios at all time. For the three-year-old classroom 1:10 teacher to student ratio with a maximum group size of 20. For the four-year-old classroom 1:12 teacher to student ratio with a maximum group size of 24. When a classroom contains mixed ages, the ratio for the youngest child in the room will be maintained. Staff will never exceed the maximum number of children allowed in any space.

Illness

Please keep children home with the following: pink eye, fever at or above 100 degrees., diarrhea, or vomiting (one occurrence) or other signs of communicable disease in the previous 24-hour period. If your child is sent home from school, he/she must remain out of school for at least 24 hours or until

symptom free without the aid of medication. Children too sick to participate in the full program, including outside play, need to be kept at home.

Asbury's Little Angels is required by law to report to the local health department the diagnosis of a communicable disease including, but not limited to, chickenpox, diphtheria, giardia lamblia, hepatitis A, mumps, meningitis, pertussis (whooping cough), rheumatic fever, rubella (German measles), rubeola (measles), salmonella, and tuberculosis. The child diagnosed with one of these diseases will not be permitted to return to the school until written approval from a physician is provided to the school. Asbury's Little Angels Preschool will immediately inform the parents/guardians of each child enrolled that there is a presence of the disease and a serious occurrence report will be completed.

Clothing and Play

During the preschool years, a child's work is playing. Play is an important part of your child's development. Staff will engage children in various forms of play that will work on fine motor skills and gross motor skills. It is our goal that preschool students will spend time each day working on both fine and gross motor skills in a structured play setting.

Please make sure your child is dressed comfortably in clothing appropriate for outdoor play, movement in the gym (Asbury Center), and other classroom activities. Teachers and students will spend time outside daily, weather permitting; please remember to dress your child accordingly. There may be times when our play gets messy or dirty. We try our best to keep clothing clean, but accidents do happen. The responsibility for appropriate dress and clothing rests with the guardians. The following list outlines some suggestions to help you dress your child:

- Provide clothing that is loose and has simple fasteners.
- All removable clothing such as hats, gloves, jackets, sweaters and sweatshirts should be labeled with your child's name.
- Expect your child to get messy as "playing" with many different things are all part of development, dress your child in clothes you are ok with getting messy.
- Please ensure that your child has proper **shoes with closed toes and rubber/nonskid soles** so they can participate safely in outdoor and gym games.
- Please be sure to dress your child in clothing suitable for play and the current weather.

Please bring a seasonally appropriate change of clothes in a Ziploc bag daily. The bag will be left in the child's backpack unless needed. If your child has an accident and no change of clothes is available, we will contact you to bring a change of clothes.

Parent/School Communication

Communication between parents/guardians and staff is a vital part of how well your child does in school. We encourage you to be involved in your child's education and meet with our preschool staff regularly. We will do our best to keep you informed of the activities and projects that your child is involved in. Weekly communication about classroom activities will be sent home with children. The school website and Facebook page will be updated regularly.

Parent Access and Volunteering

Asbury's Little Angels Preschool welcomes parents into our center during all operating hours. We encourage parental involvement in the classroom and volunteering. Any parent interested in volunteering should talk to the classroom teacher or director about opportunities available.

Medication

Asbury's Little Angels staff shall administer medications only when the following guidelines are met: we have written permission from the child's parent, and a prescription or a written order from a licensed health care provider and written instructions from the child's parent for each medication to be administered. The center will not accept instructions that indicate the medication is to be administered on an as needed basis unless the order is accompanied by a medical treatment plan written by the child's licensed health care provider which describes the as needed condition. Written instructions must include:

- A. The child's first and last name;
- B. The name of the medication to be given;
- C. The reason the medication is being given; and
- D. Directions for the administration of the medication including the specific dosage, specific frequency or time to be given, route to be given and the time of the last dosage administered by the parent.

Asbury's Little Angels Preschool will not administer medication if the written parent instructions differ from prescription dosages. All medication needs to be in original packaging with a clearly legible prescription attached.

Staff will apply sunscreen to children as need before going outside. Parents will supply sunscreen with a minimum SPF of 50, label it with first and last name and fill out a sunscreen form for each child.

In the event of a dosing accident the school will immediately contact poison control at 1-800-222-1222 and follow whatever advice is received. The school will also contact the parent/guardian immediately regarding the event. The school will follow the child's Medical Information form to secure care for the child until the parent or guardian arrives.

Special Activities

Signed permission forms are required prior to the child's participation in field trips, water activities and other special activities. Forms will be sent home for any planned special activities.

Media Authorization

Asbury's Little Angels will use photos of children for many purposes. They may be used for a special project/crafts, identification of personal belongings, classroom/hallway decorations and school publicity. Parents/guardians will be asked to sign a photo release form along with their registration packets.

Inclement Weather Policy

Asbury UMC and Asbury's Little Angels follow closings for Jefferson County Schools West Virginia. If the school district is closed all activities at Asbury's Little Angels will be closed/cancelled. However, if

Jefferson County Schools is operating on a 2-hour delay, Asbury's Little Angels Preschool will open at normal operating times. Please check the Jefferson county school's website or local media outlets for school closures. Asbury's Little Angels Preschool will also update closure information on the preschool's website and Facebook page.

Behavior Management

At all times, our teachers are responsible for providing positive guidance that is appropriate to each child's age, understanding and circumstances. Our staff will lead by example, recognize and encourage acceptable behavior, define clear limits and set fair and consistent rules.

When a behavior problem arises, a qualified staff member shall:

- Redirect the child to alternative behavior or other activities
- Encourage the child to control his or her own behavior, cooperate with others and solve problems by talking things out
- Speak with the child so that the child understands that feelings are acceptable, but inappropriate behaviors and actions are not
- Use appropriate time-out periods only as necessary for a child to calm down or gain control of his behavior.

Time out will be implemented as follows: The time out will last no longer than one minute per year of age. The teacher will explain to the child how time-out works before its first use and be clear about the behavior that will result in time-out. After the time-out has ended the teacher will help the child explore other options that would have resulted in a different outcome. If the child's behavior poses a risk of physical harm to themselves or others, a teacher or staff member familiar to the child may use a gentle method to hold the child for the amount of time it takes the child to regain control.

Teachers and staff will never handle behavior problems with any form of physical punishment, physical restraint or confinement, isolation without supervision, use harsh words or language, threaten the child, or use food as a reward or punishment.

If a child's behavior cannot be corrected in the classroom through redirection or time out, or if the behavior is hazardous to themselves or others in the classroom, the director will call the parents and depending on the severity of the incident, we may require the child to be picked up. A note will be made in the child's file if this occurs. After the third such incident a conference between the parents, lead teacher and the director will be scheduled, so that a behavior plan can be created. If the behavior plan is unable to correct the behavior, Asbury's Little Angels Preschool retains the right to suspend or disenroll the child. In the event disenrollment is necessary, the parent or guardian may take the case before the Asbury Preschool Board for a decision. Any decision made by the board is final.

Emergency Evacuations

If there is an emergency and the center needs to evacuate the building the children will be relocated to the Asbury Center. If emergency personal deem it necessary for the school to relocate further, the children will be relocated to the Ranson Civic Center at 431 W. 2nd St, Ranson, WV 25438. The center will contact parents via phone to inform them where children are located. When the situation allows, the Center will also update the school website and Facebook page.

Confidentiality and Information Disclosure

Asbury's Little Angels Preschool will keep all information about the child confidential and securely locked. We disclose it to staff members caring for the child only information necessary to safely care for the child and to meet all the child's needs. Asbury's Little Angels Preschool will obtain the written consent of the child's parent before disclosing information about the child except when disclosing information to licensing or law officials. Student files will be retained for three years following disenrollment, after which time the files will be permanently deleted and physical copies will be destroyed.

Grievance and Conflict resolution

Asbury's Little Angels takes parent concerns and complaints seriously. If you have concerns about your child, or events occurring in your child's classroom, please schedule a conference time with your Lead Teacher. If you are unable to reach a solution during that conference, please contact the director to assist in finding a resolution. Questions or concerns about policies or teacher conduct should be brought directly to the director. Any issues that remain unresolved after conferences with the lead teacher and/or the director may be taken before the Asbury Preschool Board. All decisions by the board are final. Asbury's Little Angels will never retaliate against a parent or child who has filed a grievance/complaint. The center also informs the parent of their right to report to the DHHR Secretary any complaints related to compliance with the provisions of West Virginia Code §49-2B-1 et seq..

Child Abuse

All employees of Asbury's Little Angels Preschool are mandatory reporters, and are required by law to report immediately any suspected incident of child abuse and neglect to the director or designated person-in-charge, and to Child Protective Services.

Snacks and Food Allergies

Asbury's Little Angels Preschool provides morning and afternoon snack. A monthly snack schedule and current food allergy list will be posted in each classroom. The snack schedule will be take into consideration all current food allergies in the classroom. Parents may bring in special treats for celebrations such as birthdays or holidays. All items must be store bought and take into consideration the current center allergy list.

Lunch

Parents of students staying for extended care will be required to provide a nutritious lunch for their children. Parents will be provided with a list of appropriate meal components and portion sizes. The lunch bag must contain adequate cold packs to keep the lunch cold until lunch time. All lunches must take into consideration the food allergy list posted in the classroom. See Appendix A- Nutrition for suggestions on how to pack a healthy lunch. Any child that does not bring a lunch will have one purchased for them from Grandma's Diner at cost to the parents.

Tooth brushing

All children in care for lunch will be given an opportunity to brush their teeth after lunch. Parents will supply the toothbrush and toothpaste. The brushes will be stored hygienically in the classroom.

Quiet/ Rest Time

For students attending extended care a quiet/ rest time will be provided. During that time, the center will provide a cot for the child to rest. Parents will need to provide bedding including a sheet and blanket for their child as well as a cloth bag to store the bedding. Bedding will be sent home every Friday to be washed. A cot will be assigned to each child and sanitized weekly.

School Calendar 2017- 2018

August 28	First Day of School
September 4	Labor Day-School Closed
October 20	School District Closed- No School
November 10	Veteran's Day- School Closed
November 22-24	Thanksgiving Break- School Closed
December 15	School District Closed- No School
December 25-January 2	Christmas Break- School Closed
January 3	Classes Resume
January 15	Martin Luther King Jr. Day -School Closed
February 16	School District Closed- No School
February 19	President's Day- School Closed
March 30	Good Friday- School Closed
April 2-6	Spring Break- School Closed
May 8	Election Day- School Closed
May 25	Last Day of School

Asbury's Little Angels Preschool Parent Handbook

Acknowledgement of Receipt

I acknowledge that I have received a copy of Asbury's Little Angels Preschool Parent Handbook, and that I have met with a designated member of the staff to go over the handbook. I understand the centers policies regarding enrollment, fees, hours of operation, withdrawal, pickup and drop-off, illness, communication, center access, medication administration, behavior management (including Asbury's Little Angels prohibition of corporal punishment), confidentiality, grievance and conflict resolution, and child abuse reporting. I understand my rights to file a grievance without fear of retaliation against myself or my child.

Parent or guardian printed name

Parent or guardian signature

Date

Student's Name

Date of Enrollment

Appendix A- Nutrition

Choosing Healthy Options in Each Food Group

Planning a menu can be hard. Trying to find foods that meet WV CACFP/Leap of Taste Nutrition Standards and your budget is a challenging task! Use the suggestions below to choose healthy options from each food group when planning menus:

FOOD COMPONENT	HEALTHY OPTIONS
Grain & Breads	Whole grain bread (rolls, breadsticks) Whole grain pita Whole grain mini-bagels Whole grain English muffins Whole grain pancake or waffle mix Whole grain or corn tortillas Brown rice Whole grain couscous Oatmeal Low-sugar cereal (less than 6 grams of sugar per serving) Rice cakes Whole grain crackers Graham crackers Baked tortilla or corn chips Pretzels*
Meats & Meat Alternates	Lean and very lean ground meats (80-95% lean) Lean and very lean ground chicken or turkey (80-95% lean) Lean cuts of beef, ham, lamb, pork or veal Boneless, skinless chicken and turkey Fish (e.g., salmon, trout, flounder, tilapia, tuna or cod) Canned tuna packed in water Real cheeses (e.g., cheddar, provolone, parmesan, Gouda, mozzarella, Swiss or ricotta) Low-fat real cheeses (e.g., cheddar, provolone, parmesan, Gouda, mozzarella, Swiss or ricotta) Cottage cheese (1% low-fat or fat-free) Yogurt (low-fat or fat-free, plain or flavored) Nuts and seeds* Beans Hummus Eggs
Fruits & Vegetables	Fresh – see the “Seasonal Fruits and Vegetables List” for fresh suggestions Canned fruit in 100% juice or if in syrup, drained and rinsed Canned vegetables without added salt or fat Frozen fruits and vegetables without added salt, sugar or fat Unsweetened or no sugar added applesauce Salsa
Milk	1% (low-fat) Fat-free

*Choking hazard for children under four years of age

MEATS / MEAT ALTERNATES

MEAT MATTERS



The West Virginia Department of Education's Office of Child Nutrition launched **Leap of Taste - WV Child Care Nutrition Standards** to empower child care providers to play an important part in providing nutritious food and teaching children how to make healthy food choices. The standards ensure that child care centers comply with nutritious food guidelines for **beverages, milk, fruits & vegetables, meats and meat alternates, and grains and breads**. By sharing information with families, together we can create a culture that embraces what's best for our children.

AGE	ITEM	MEALS	SNACKS
8 – 11 months	Chicken, meat, egg, cooked beans or peas	1 – 4 Tbsp.	
	Cottage cheese	1 – 4 oz.	
	Cheese	1/2 oz. – 2 oz.	
1-2 years	Meat, poultry, boneless fish, or alternate protein product	1 oz.	1/2 oz.
	Cheese	1/8 cup (1oz. or 2 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
	Egg	1/2 egg	
	Beans or peas	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1 oz. or 2 Tbsp.)
	Nut butters (peanut or soy)	1 oz. (2 Tbsp.)	1/2 oz. (1 Tbsp.)
	Nuts and/or seeds	1/16 cup (1/2 oz. or 1 Tbsp.)	
	Yogurt	1/2 cup (4 oz.)	1/4 cup (2 oz.)
3-5 years	Meat, poultry, boneless fish, or alternate protein product	1 1/2 oz.	1/2 oz.
	Cheese	1 1/2 oz. (3 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
	Egg	3/4 egg	1/2 egg
	Beans or peas	3/8 cup (3 oz. or 6 Tbsp.)	1/8 cup (1 oz. or 2 Tbsp.)
	Nut butters (peanut or soy)	1 1/2 oz. (3 Tbsp.)	1/2 oz. (1 Tbsp.)
	Nuts and/or seeds	3/4 oz. (1 1/2 Tbsp.)	1/2 oz. (1 Tbsp.)
	Yogurt	3/4 cup (6 oz.)	1/4 cup (2 oz.)
6-12 years	Meat, poultry, boneless fish, or alternate protein product	2 oz.	1 oz.
	Cheese	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1oz. or 2 Tbsp.)
	Egg	1 egg	1/2 egg
	Beans or peas	1/2 cup (4 oz. or 8 Tbsp.)	1/4 cup (2 oz. or 4 Tbsp.)
	Nut butters (peanut or soy)	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1oz. or 2 Tbsp.)
	Nuts and/or seeds	1/8 cup (1oz. or 2 Tbsp.)	
	Yogurt	1 cup (8 oz.)	1/2 cup (4 oz.)

This is a portion guide for meats and meat alternates listed by age group. Only recommended items are shown.

GRAIN / BREAD GUIDELINES

GROWING WITH GRAINS



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AGE	ITEM	LUNCH	SNACKS
4 - 7 months	Iron-fortified infant cereal	0 - 3 Tbsp.	
8 - 11 months	Iron-fortified infant cereal	2 - 4 Tbsp.	
	Bread		1/2 slice
	Crackers		2 crackers
1-2 years	Bakery items including, but not limited to, bread, bagels, and other bakery items		1/2 slice
	Cereals, hot or cold	1/4 cup (2 oz.)	
	Pasta, noodles, or grains	1/4 cup (2 oz.)	
3-5 years	Bakery items including, but not limited to, bread, bagels, and other bakery items		1/2 slice
	Cereals (cold)		1/3 cup (2.5 oz.)
	Cereals (hot)		1/4 cup (2 oz.)
	Pasta, noodles, or grains		1/4 cup (2 oz.)
6-12 years	Bakery items including, but not limited to, bread, bagels, and other bakery items		1 slice
	Cereals (cold)		3/4 cup (6 oz.)
	Cereals (hot)		1/2 cup (4 oz.)
	Pasta, noodles, or grains		1/2 cup (4oz.)

This is a portion guide for grains and breads listed by age group. Only recommended items are shown.

FRUIT / VEGGIE GUIDELINES

EAT YOUR VEGGIES



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AGE	ITEM	MEALS	SNACKS
4 - 7 months	Fruits and/or vegetables	0-3 Tbsp.	
8 - 11 months	Fruits and/or vegetables	1-4 Tbsp.	
1-2 years	Fruits and Vegetables (non-fried)	Exempt from portion-size upper limits: children may eat as many vegetables and fruits as they like At least 1/4 cup of each fruits &/or vegetables should be offered at each meal	At least 1/2 cup of each fruits &/or vegetables should be offered at each snack
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
3-5 years	Fruits and Vegetables (non-fried)	Exempt from portion-size upper limits: children may eat as many vegetables and fruits as they like At least 1/2 cup of each fruit and/or vegetable should be offered at each meal and snack.	
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
6-12 years	Fruits and Vegetables (non-fried)	Exempt from portion-size upper limits: children may eat as many vegetables and fruits as they like At least 3/4 cup of each fruit and/or vegetable should be offered at each meal and snack.	
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	

This is a portion guide for fruits and vegetables listed by age group.



This institution is an equal opportunity provider.



BEVERAGE GUIDELINES

I'M THIRSTY



The West Virginia Department of Education's Office of Child Nutrition launched **Leap of Taste - WV Child Care Nutrition Standards** to empower child care providers to play an important part in providing nutritious food and teaching children how to make healthy food choices. The standards ensure that child care centers comply with nutritious food guidelines for **beverages, milk, fruits & vegetables, meats and meat alternates, and grains and breads**. By sharing information with families, together we can create a culture that embraces what's best for our children.

AGE	ITEM	MEALS	SNACKS
0 - 3 months	Breast milk (preferred) Iron-fortified infant formula	4 - 6 oz.	
4 - 7 months	Breast milk (preferred) Iron-fortified infant formula	Approximately 4 - 8 oz.	4 - 6 oz.
	Water with no added sweeteners	Small amount can be given after breast milk or iron-fortified infant formula. Water can be used for practicing cup use.	
8 - 11 months	Breast milk (preferred) Iron-fortified infant formula	Approximately 6 - 8 oz.	2 - 4 oz.
	Water with no added sweeteners	Small amount can be given after breast milk or iron-fortified infant formula.	
1-2 years	Water	Exempt from portion limit	
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
	Milk	Whole milk for children 12 to 24 months 1% or fat-free for children 24+ months 1/2 cup (4 oz.) during meals for children 1 - 2 years old	1/2 cup (4 oz.)
3-5 years	Water	Exempt from portion limit	
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
	1% or fat-free milk	3/4 cup (6 oz.)	1/2 cup (4 oz.)
6-12 years	Water	Exempt from portion limit	
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
	1% or fat-free milk	1 cup (8 oz.)	1 cup (8 oz.)

This is a portion guide for beverages listed by age group. Only recommended beverages are listed.



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