

# CASA DE CORAZÓN BELIEVES

Our vision provides us the opportunity to be a leader in the early childhood education industry and to create a healthier and more responsible future for our children.

in the importance of providing infants and children with organic, natural, antibiotic-free, and hormone-free whole foods. We prepare and serve well-balanced healthy meals and snacks to all infants and children in our care.

We are proud to be a leader in the childcare industry and to participate in the larger effort to provide all children with nutritious and sustainable foods. Each center houses a restaurant-certified kitchen, providing ample space, equipment, and the necessary tools to create healthy and nutritious meals daily. Our commitment to childhood nutrition aligns perfectly with our vision and core value of Healthy & Holistic Impact.

## INFANTS

Infant purees are 100% Certified Organic fruits and vegetables that are boiled and pureed on site. They never contain additives of any kind. Infants are also served certified organic fortified infant cereals and snacks. We serve this food to infants any time after 6 months of age when parents have initiated solid food at home and with parental approval to serve them here.

## TODDLERS AND PRESCHOOLERS

Our toddler food program begins between 12 and 18 months of age, when each child is ready for the table food we serve, and with written parental approval.

Lunch menus are changed regularly to provide more variety and to utilize fresh ingredients that are in season.

**LUNCH** includes a protein, a grain, a vegetable, a fruit, and hormone-free milk. Toddlers are served whole milk; Preschoolers are served 1% milk.

**BREAKFAST** includes 3 of the above listed components

**SNACK** includes 2 of the above listed components

**MEAL** components and portion sizes follow the USDA guidelines for each age level.

**WATER** is offered frequently throughout the day, especially after outdoor playtime.

## ORGANIC AND NATURAL INGREDIENTS



Our farming and local food vendor partners raise their meats, dairy products, and produce ethically to provide us with healthy choices and sources, year-round.



All milk is hormone-free.



All fruits are fresh or dried, never canned.



All produce found in the Dirty Dozen is purchased organic, as these items test high in pesticide residues.



Our facilities are peanut-free and tree nut-free.



We serve a wide variety of healthy, natural, and certified organic snacks.



All pasture raised eggs are delivered fresh weekly from a local dairy.



All beef, turkey and chicken products are natural, raised without hormones or antibiotics.



We are Farm to Childcare certified because we have formal partnerships with several local farms, memberships at our local co-ops, and we annually sponsor local farmers markets.



All infant purees are made from 100% certified organic fruits and vegetables.

## CLEAN FIFTEEN

These foods are generally safe as they test low in contamination.



[www.ewg.org/foodnews/clean-fifteen.php](http://www.ewg.org/foodnews/clean-fifteen.php)

## DIRTY DOZEN

These foods are purchased organic to reduce children's exposure to pesticide residues.



[www.ewg.org/foodnews/dirty-dozen.php](http://www.ewg.org/foodnews/dirty-dozen.php)

\*The Dirty Dozen and Clean Fifteen are determined annually by EWG and may vary. Casa de Corazón monitors the list each year to determine which products to purchase organic.