

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.

that nutrition is a developmental imperative. We are committed to serving clean, nutritious, and whole foods made from scratch daily for our enrolled children.

Each center has a Department of Health-certified commercial kitchen, designed for safe, wholesome meal preparation. Our commitment to childhood nutrition supports our core value of Healthy & Holistic Impact and leads the way toward a healthier, more sustainable future.

INFANTS

Fruit and vegetable purees are made from scratch weekly in our commercial kitchens. We also serve our infants plain, greek, whole milk yogurt, fresh fruits, and nutritious, age-appropriate finger foods.

TODDLERS AND PRESCHOOLERS

Beginning between 12 and 18 months and beyond, children enjoy fresh, seasonal meals made with all natural and organic ingredients. Meals are designed for optimal nutrition and variety, with culturally inspired recipes introduced each month in connection with our Country of the Month intercultural curriculum.

LUNCH includes a protein, grain, vegetable, fruit, and hormone-free milk (whole milk for toddlers, 1% for preschoolers).

BREAKFAST features three components from the same categories.

SNACKS include two components.



OUR CLEAN FOOD COMMITMENTS



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.



We purchase organic versions of all items included in the EWG's Dirty Dozen list. This helps reduce children's exposure to pesticide contamination during their most sensitive stages of growth.



All milk is hormone-free, and sourced from local dairies when possible.



Our centers are tree nut and peanut free, with the exception of coconut, to prevent the risk of children's exposure to these common allergens.



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



All fruits are fresh, dried, or frozen at peak freshness; never canned with added sugars.



All eggs served are pasture raised. This is the highest standard for eggs meaning they have twice as much omega-3 fatty acids to support brain development, and higher levels of vitamins D, A, and E.



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



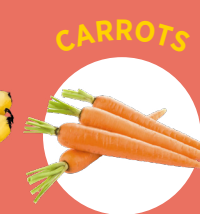
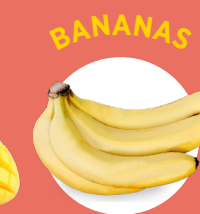
We partner with local farms, sponsor farmers markets, and shop at local co-ops to source the cleanest, highest quality ingredients for your child's scratch-made meals.



Most rice grown in the U.S. contains arsenic absorbed from the soil. Most oats grown in the U.S. contain glyphosate, a commonly used herbicide. To protect kids from these contaminants, all oats served are organic, and all rice is sourced from safer regions, such as Pakistan, India, and California.

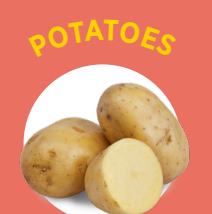
CLEAN FIFTEEN

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



**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.*



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