



Nutrition Opt Out Form

Child Care Rules .0901(d) and .1706(c) state: When children bring their own food for meals and snacks to the program, if the food does not meet the nutritional requirements specified in Paragraph (a) of this Rule, the operator must provide the additional food necessary to meet those requirements unless the child's parent or guardian opts out of the supplemental food provided by the operator as set forth in G.S. 110-91(2) h.1. A statement acknowledging the parental decision to opt out of the supplemental food provided by the operator signed by the child's parent or guardian shall be on file at the facility. Opting out means that the operator will not provide any food or drink so long as the child's parent or guardian provides all meals, snacks, and drinks scheduled to be served at the program's designated times. If the child's parent or guardian has opted out but does not provide all food and drink for the child, the program shall provide supplemental food and drink as if the child's parent or guardian had not opted out of the supplemental food program.

Please note that Maracas Montessori relies on parents to provide food for meals and snacks each day that the child attends school. By signing the form below you acknowledge that parents are responsible for providing all meals, snacks, and drinks for their children and that Maracas Montessori **will not** supplement snacks or drinks to meet the Meal Patterns for Children in Child Care Programs from the United States Department of Agriculture (USDA), which are based on the recommended nutrient intake judged by the National Research Council to be adequate for maintaining good nutrition. Please note that children have access to drinking water all day from 2 separate water fountains inside the facility, and they can refill their reusable water bottles or a cup if they forgot their bottle.

In the event that a parent or caregiver forgets to send a child with lunch or snack and extraordinary circumstances prevent the parent or caregiver from returning before lunchtime to provide the lunch or snack, the administrative staff will provide supplemental food and drink from Food Lion, Harris Teeter, or another similar store that meet the components mentioned here based on the age of the child: https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_childmealpattern.pdf. In this instance the school will then give the receipt for the supplemental food and drink to the parent or caregiver, who should reimburse the school for the entire purchase. By signing below parents acknowledge that even though they opted out, if they do not provide all the meals, snacks, or drinks for their children, the program will provide supplemental food and drink in extraordinary circumstances.

Parent Name:

Parent Signature:

Date:

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