

# The After School Club LLC **Preschool**

2023/2024

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Child's Name

Please circle the program including price  
that you are enrolling for:

## Preschool Hours 8:15 am to 12:30 pm

Monday thru Friday \$600.00 per month

Mon / Wed / Fri \$500.00 per month

Tu / Thu \$400.00 per month

## Preschool Middle Hours 12:30 pm to 2:30 pm

Monday thru Friday \$250.00 per month

Mon/ Wed/ Fri \$210.00 per month

Tu / Thu \$200.00 per month

## Extended Preschool Hours 2:30 pm to 6:00 pm

Full Time Extended Preschool Mon thru Fri \$400.00 per month

Part Time Extended Preschool Mon/Wed/Fri \$325.00 per month

Tu / Thu \$300.00 per month

ENROLLMENT FEE \$10.00 per year

SUPPLY FEE \$60.00 per year



The After School Club LLC or The ASC  
Child Enrollment and Authorization for [Irving Preschool](#)

Child Full Name \_\_\_\_\_ Start date \_\_\_\_\_

Birthdate \_\_\_\_\_ Age at entry of care \_\_\_\_\_

\_\_\_\_\_ For this school year only \_\_\_\_\_ enroll until 2 week notice is given

**ALLERGY/HEALTH ALERT: (Must answer)**

Does this child have allergies or other health issues?

Yes \_\_\_\_\_ No \_\_\_\_\_

ASC Staff Member initials \_\_\_\_\_

If yes, list all allergies or health issues, including instructions for providing the best possible care in regard to stated conditions. Do any of the medical conditions restrict the child's activities? If yes, please explain. Add additional page if needed. Please include food allergies and special dietary needs. A separate allergy form and med authorization form may be required.

**Parent or Guardian Contact Information**

\_\_\_\_\_  
First and Last Name of Parent or Guardian Relationship to Child

\_\_\_\_\_  
Street Address City State Zip Code

\_\_\_\_\_  
Home Phone Cell Phone Work Phone

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
First and Last Name of second Parent or Guardian Relationship to Child

\_\_\_\_\_  
Street Address City State Zip Code

\_\_\_\_\_  
Home Phone Cell Phone Work Phone

\_\_\_\_\_  
Email Address

**Required Emergency Contact Information**

**(other than parent or guardian that is authorized to pick up child)**

\_\_\_\_\_  
First and Last Name Relationship to Child

\_\_\_\_\_  
Home Phone Cell Phone Work Phone

\_\_\_\_\_  
First and Last Name Relationship to Child

\_\_\_\_\_  
Home Phone Cell Phone Work Phone

**NON-Emergency Contact Information (authorized to pick up child)**

\_\_\_\_\_  
First and Last Name Relationship to child

\_\_\_\_\_  
Home Phone Cell Phone Work Phone

**NON-Emergency Contact Information continued (authorized to pick up child)**

\_\_\_\_\_  
First and Last Name Relationship to child

\_\_\_\_\_  
Home Phone Cell Phone Work Phone

**Medical/Dental Contact Information REQUIRED :**

**(\*This MUST BE completed BEFORE the first day of care)**

\* \_\_\_\_\_  
Primary Physician Name

\* \_\_\_\_\_  
Phone

\* \_\_\_\_\_  
Family Dentist

\* \_\_\_\_\_  
Phone

**ASC Staff Member initials** \_\_\_\_\_

**Other Children in the Home**

Full Name \_\_\_\_\_ Nickname \_\_\_\_\_ Age \_\_\_ Sex \_\_\_

Full Name \_\_\_\_\_ Nickname \_\_\_\_\_ Age \_\_\_ Sex \_\_\_

Full Name \_\_\_\_\_ Nickname \_\_\_\_\_ Age \_\_\_ Sex \_\_\_

**No Child Should Be Left Out**

It is our belief that no child should be left out, AND, it is our company policy that religious and traditional holidays, i.e., birthdays and calendar holidays, are personal and should be celebrated at home. Party invitations and holiday greeting cards shall not be handed out at The ASC. Our activities will be based on weekly themes. Whenever possible, seasonal themes will be incorporated.

## Special Care Arrangements:

We are committed to giving the best care possible for your child, please list any additional information you feel would best help us care for your child.

**Additional information or comments** (attach additional pages if needed):

\_\_\_ IFSP (ECCares) \_\_\_ Behavior Plan (Please attach a copy)

This information may be shared with school counselors, principals and ECCares personnel.

## Check In/Out:

Students will check in to room #1, the Butterfly classroom, each school day. The door opens at 8:15am. Student cubbies, lunch box bucket, and the sign in sheets are all located outside the door for a smoother transition. Our door will remain locked during the day but a preschool teacher will greet each family in the morning and students will say goodbye before coming in to wash hands. At 12:30pm, we will bring out all students who get picked up, together, after lunch. At 2:30pm, we will bring out all students who get picked up during that time. Preschoolers who attend extended care follow the ASC pick up guidelines from room #2. Please inform a teacher ahead of time if your student needs to be dropped off or picked up outside of these windows so we can accommodate. Children will only be released to individuals on the "authorized to pick up" list from your enrollment form with photo ID. This is for the safety of your child. If you do not have photo ID with you, we will ask you to go get it before you can pick up. The ASC is NOT responsible for your child after the child is checked out. Written notice by note, email, or text MUST be given to make any changes on the authorization list. Please inform all those you have listed on the authorization list that they MUST have photo ID to pick up your child. If a parent/anyone is denied access to their child, we MUST have a copy of the signed court documents. It is important that each student is correctly signed in/out each day for billing and attendance purposes so if any info is missed then a teacher will correct it.

**Initial** \_\_\_\_\_

## Protecting all Children - 5 minute Guideline

The ASC is committed to making sure all children are safe and secure while in our care. If any School District staff members, counselors, volunteers or maintenance workers are in our designated areas for more than 5 minutes they will be asked to sign in with a ASC staff members upon arrival and departure. They will not be left alone with the children.

Parents may have access to their children or visit The ASC at anytime, we encourage all pick up and dropping off to happen within the 5 minute time frame. If more time is needed, please see the Director or Lead Teacher.

At no time may photos or videos be taken of your child playing with or around any children in the assigned ASC areas.

All play dates, sports practice and other social events must be planned by parents and not thru or with the children while in our care.

## Divorce/Separated Information

Parent responsible for child care payments \_\_\_\_\_

Will separate accounts be needed: Yes \_\_\_ No \_\_\_ If separate accounts are needed: each parent will fill out their own packet. Two separate accounts will be set up. They will have the same account number followed by a "d" for dad and "m" for mom. All packets are private and will not be shared with each family by The ASC.

Custody arrangements (MUST have complete copy of Court-signed documents.)

Restraining Order Yes \_\_\_ No \_\_\_ (MUST have copy of Court-signed papers.)

Parent visits and parenting time is not allowed when your child is signed in. All arrangements must be made to take place outside of areas used by The ASC.

## Finance:

**All Day Care MUST be prepaid.**

Preschool statements will be handed out or sent home in cubbies at the end of each month along with the upcoming month's important information. All payments are due on the 1<sup>st</sup> of the month, and are considered late after the 5<sup>th</sup>. A \$25.00 late fee will be assessed on late payments. If payment has not been made by the 8<sup>th</sup>, your child may be removed from the program and may lose their spot in the program. All late fees and monthly fees MUST be paid in full BEFORE we will accept your child back into the program (if there is an opening available).

Payments may be made by money order, cashiers check or check. Made payable to The After School Club or The ASC. Cash payments accepted for under \$50.00 only. If a check is returned for Non-Sufficient Funds, there will be a \$25.00 fee in addition to the bank fee, and may result in the requiring of all subsequent payments being made by money order/cashier's check.

There is a 10% discount for families with multiple children enrolled and attending The ASC at the same time, as well as, a 10% discount for educators.

If there is a billing question or discrepancy email:

[lori@theafterschoolclub Eugene.com](mailto:lori@theafterschoolclub Eugene.com). Teachers on site cannot access statements, payment history, or past due balances.

Even if you have a question about the charges, pay what you think they should be, accompanied by a detailed note or email. If you are in need of payment arrangements, you must make a payment toward your balance by the 5<sup>th</sup> of the month to avoid late payment fees. A detailed payment plan is required in writing or email.

**A parent picking up a child from extended care after 6:00 p.m. will be charged a \$1.00 per minute late pick up fee.**

All **AFS/DHS** co-pay payments MUST be prepaid. Balances not covered by

**AFS/DHS** are due beginning of the following month. If your co pay is higher than the monthly charge than you must pay all child care in full at the beginning of each month. Some **AFS/DHS** plans may require a larger monthly payment ahead of care. Non-payment of co-pay or additional charges not covered by **AFS/DHS** may result in removal from the program.

We must have your caseworker's name and phone number on file for your child to attend our program.

Caseworker name \_\_\_\_\_

phone number \_\_\_\_\_

The bottom portion of your statement is a payment coupon that should be torn off and accompany your payment being made each month.

There is a yearly \$60.00 supply fee \$10.00 enrollment fee.

A \$10.00 service fee will be charged for copies of children's records. This fee will be charged for each month requested.

**Initial** \_\_\_\_\_

**Snow Days:** Irving Elementary follows the Bethel School District's decisions on all weather/safety related delays and closures. Our preschool is required to follow all of these decisions. These decisions are often posted on the news, the districts social media, and we will try to post on our website as well. If there is a 2 hour delay, our start time from 8:15am to 10:15 am. If school has already started and the weather turns bad, please pick children up as soon as possible, so all teachers can get home safely. There are no refunds for snow day closures.

**Closed Days/No School Days:** The preschool will be CLOSED and no care will be available: Labor Day, Thanksgiving Break and Memorial Day.

Winter Break, Spring Break & Summer Break are not guaranteed. These school "breaks" are decided the month before they are scheduled. These breaks are subject to enrollment needs. We will be open for most 'no school' days as set forth in the Bethel School District calendar, furlough and teacher in service work days, and others. We know that some parents also have these days off or plan alternative care for their older children and will keep their preschooler home. If that's the case, we appreciate a heads up that your student will be absent. Sometimes this results in a smaller class size that gives our teachers flexibility with our staffing and schedule.

### **Scheduling:**

To reserve your spot, we must receive regular monthly payments that cover the charge for your saved spot. We MUST be given a regular schedule of your child care needs. Parents are responsible to inform us as to any changes in

attendance.

If you would like to add days or time to your students schedule, reach out to the Director and those changes can be made as long as their are open spots. Parents are responsible to notify the director in writing at least 2 weeks before the end of the month if their child will be leaving the program. Failure to notify in writing less than 2 weeks before the end of the month may result in the parent being required to pay for the upcoming month.

### How to reach us

Preschool Cell Phone 541-554-3481

After School Cell 541-556-9219

**\*\*Our cell phones do have texting.\*\***

School Land line 541-688-2621 x2416

Preschool questions:

Director Kasey@theafterschoolclubeugene.com

Billing Questions to: lori@theafterschoolclubeugene.com

Emergency Contact Owner Lori Wheeler 541-554-1658

Our web site address is: [www.theafterschoolclubeugene.com](http://www.theafterschoolclubeugene.com)

Mailing address: 3200 Hyacinth Street Eugene, OR 97404

Anything mailed during the summer months will be delivered to us in September.

Our Child Care Licensing Specialist with Child Care Licensing Division (CCLD) is Ginger Schaffer 541-510-5290

### Toys From Home

The ASC has a variety of toys for the children to choose from. We ask that children DO NOT bring any toys from home. Occasionally we will have a special party or a themed no school day that children are able to bring in toys from home. Parents will be informed when this would apply. Students who stay for rest are invited to bring a stuffed animal they would like to have on their cot with them each will but it will stay in their nap bag when not being used.

### Photograph Information:

We MUST have your signed consent to take photographs of your children while they are participating in our program.

Teachers enjoy being able to include photos in a group text to our current preschool class parents to show what we are doing daily in our classroom. We do ask that each family uses discretion and does not share photos with other peoples children on any social media without other parents permission.

The After School Club has permission:

Use photos of my child in **daily texts updates to all preschool families.**

Yes No



Use photos of my child for **display at the school.**      \_\_Yes \_\_No

Use photos of my child for **Newspaper or TV** news cast.      \_\_Yes \_\_No

Use photos of my child for display on **ASC website.**      \_\_Yes \_\_No

At no time may photos or videos be taken by anyone other than ASC staff member in the assigned ASC areas.

ASC STAFF Initials \_\_\_\_\_

### **School Playground/Gym Use:**

The school is designed, for the most part, for children 5 and older. The Preschool children are supervised very closely when choosing to play on the provided outside equipment. Our preschoolers have a designated recess time separate from the school aged students in the morning. Children are allowed to use playground equipment if they are tall enough to do so without staff assistance. Outside time is a priority for our preschoolers. We will be going outside in some capacity daily so please send students with appropriate outerwear or keep extras in cubbies for the week. Teachers will assist students in being prepared for the weather conditions before going outside.

### **Movie Policy**

The ASC will occasionally show a movie that goes with our themes of the week or as a treat on a no school day. The movies will be rated either G or PG.

### **Bathroom Policy**

Preschoolers are supported to toilet independently based on their current abilities. We have regular scheduled prompts built into our daily schedule. Students are encouraged to use bathroom, wipe, and dress themselves but if needed teachers are able to provide assistance outside of bathroom stall. Parents are required to send all necessary supplies to ensure potty training success- appropriate clothing and shoe wear, pull ups, change of clothes and extra underwear. Communication regarding changing, potty training needs or patterns at home is appreciated so we can better support families. ECCares is a great resource for toilet training support.

Only one child at a time will be allowed to use the bathroom while signed into any of The ASC programs. This does include siblings. ASC Preschool teachers can help children with bathroom needs when signed into any of our preschool programs. Sometimes students will be asked to come out to the bathroom hall for extra support from teachers. At no time should any adult be using the bathroom at the same time as any child. Parents and teachers must check in with an ASC staff member to see that no child is in the bathroom before using it.

Preschool children wash their hands in the classroom and not the bathroom.

## Health Issues and Concerns:

Head Lice: Any child found to have live bugs will need to be removed from the program until no live bugs are found and they have been treated.

**From the Child Care Licensing Division (CCLD) Rule Book Ordinance 414-300-0220 states:**

### **Illness or Injury**

(1) Illness:

(a) A center shall not admit or retain in care, except with the written approval of the local health officer, a child who:

(A) Is diagnosed as having or being a carrier of a child care-restrictable disease, as defined in Health Division administrative rules, OAR 333-019-0010; or

(B) Has one of the following symptoms, or combination of symptoms, of illness:

(i) Fever over 100 degrees F taken under the arm;

(ii) Diarrhea (more than one abnormally loose, runny, watery or bloody stool);

(iii) Vomiting;

(iv) Nausea;

(v) Severe cough;

(vi) Unusual yellow color to skin or eyes;

(vii) Skin or eye lesions or rashes that are severe, weeping, or pus-filled;

(viii) Stiff neck and headache with one or more of the symptoms listed above;

(ix) Difficult breathing or abnormal wheezing; or

(x) Complaints of severe pain.

(b) A child who shows signs of illness, as defined in this rule, shall be isolated and the parent(s) notified and asked to remove the child from the center as soon as possible;

The ASC defines "as soon as possible" to mean within 30 minutes of notification of illness.

It is preferred that the student have no symptoms for 72 hours. The absolute minimum is 24 hours with no symptoms.

**Initial** \_\_\_\_\_

## **The After School Club's BEHAVIOR AGREEMENT**

We believe that preschool and after school child care should provide a relaxed, comfortable environment where children are encouraged to play, visit, learn and create. In order to provide this type of environment, we have a flexible structure enabling the children to choose from many different activities.

This is only possible if children are instructed and reminded regularly of their responsibility to follow these expectations, and we need your cooperation in impressing upon them the importance of these guidelines.

Our code of conduct is primarily the same as the school's:

- 1) follow directions from any adult in charge
- 2) show respect for other students and for adults in language and actions
- 3) respect the property of the school and other students
- 4) use good table manners, talk quietly and stay seated while eating
- 5) share all playground and craft equipment
- 6) use all playground and craft equipment safely and properly
- 7) work and play in the approved supervised areas
- 8) walk and talk in the breezeways/hallways quietly, at all times.

Appropriate behavior will be praised and recognized in various ways:  
"Bucket Filler Awards", prize box, stickers and  
most of all expressed specific appreciation from  
fellow students, teachers and staff.

If a child is struggling with our expected behaviors, listed below are one or more of the ways we will redirect desired behavior:

- 1) the student will be reminded of expected behavior
- 2) the student will receive an opportunity to make another choice
- 3) the student may miss opportunity to participate in a craft or game

Although these guidelines are discussed frequently with the children, we would like you to go over this list of expectations with your child. We appreciate your support of this behavior agreement.

If a child's behavior does not improve after reminders and re-direction efforts, parents may be scheduled for a parent teacher conference for help and support.

### **Serious misconduct Defined:**

Biting, disrespect, spitting at or on others, excessive hair pulling, inappropriate language, property misuse, defiance, stealing, intentional damage of property, physical assault on another person, intent to hurt/injure, profane or obscene language or open defiance of a supervisor may result in an immediate expulsion from the program. The parent will be responsible for reimbursing the

program for the cost of damaged items. The ASC reserves the right to remove a student without notice if they engage in any of these behaviors.

Listed below are one or more of the actions plans, that may be taken, for serious misconduct.

### **Behavior Plan:**

- **Child separated from peer group and Parent called.**
- **Parent/Student/Teacher Conference to discuss and write out a behavior plan form that has a specific plan to help child change and redirect the behavior.**
- **Parent/Student/Teacher/Director conference to write out a behavior plan form that has a specific plan to help child change and redirect the behavior. This conference may result in the student being removed from the program for up to 2 weeks.**
- **Immediate removal from the program and child must be picked up within 30 minutes of notification. A Parent/Student/Teacher/Director/Owner conference will then be scheduled to write out a final behavior plan form that has a specific plan to help child change and redirect the behavior. This conference will include a specific written plan of when and if the student may return to the program.**

**There is a No Refund policy for any days missed due to behavior incidents**

**Initial \_\_\_\_\_**

### **Preschool Goals & Objectives**

#### **Goals:**

- The goals of The ASC are to help guide and encourage the emotional, intellectual, physical, and social development of the preschool child through development of a positive self-image and an excitement for the school experience.

#### **Objectives:**

- To grow in independence: The teachers strive to help the child learn to make decisions and choices. They are responsible for helping each child reach a level of independence appropriate for him/her.
- To learn to give and share as well as receive affection: The teacher makes him/her feel secure and loved in a new environment.
- To learn to get along with others: The teacher helps the child develop the social techniques that will bring positive responses from others.

- To develop self-control: The teacher works toward the child becoming self-disciplined and self-directed.
- To honor human diversity: Stereotyping of any kind is avoided. Children are helped to understand the human body.
- To learn many small and large motor skills: The teacher guides and supports the child to develop these skills through many hands on activities.
- To foster the use of language and promote the understanding of his/her surroundings at every opportunity: The teacher uses games, songs and other activities to enhance these skills.
- To begin to develop an understanding about his/her relationship to the world: The teacher plans out and leads activities related to geography, science, nature and people to foster understanding.

### **Separation Anxiety:**

During the month of September, we hope to build a secure feeling about school within your child. When your child says "goodbye," our goal is for him/her to feel that everything will be all right until you return. One way you can help your child is to let your "goodbye" mean "goodbye" and promptly leave. This action will help reinforce your conversation with your child that they will be safe and have fun and you will be back to get them soon.

Please talk with your classroom teacher about any concerns you have with your child's ability to separate. We will be able to develop a plan that works for your child, you and the teachers.

### **Lunch and Snacks:**

Each child will be required to bring a lunch each day. All lunches must meet the USDA standard. (see attachment form the USDA) The After School Club is required by Child Care Licensing Division (CCLD) to supplement all lunches not meeting the USDA standards. Families may be charged extra for items supplemented. Their boxed lunch MUST be self-contained. It MUST NOT require heating or refrigeration.

The ASC provides snacks for the children that are USDA approved. Children with specific dietary needs will be required to bring their own snacks. Parents may wish, on their child's special day, to provide a special treat. No homemade items are allowed. Special treats must be store bought and pre packaged for all children to share.

For more information on the USDA Guidelines go to: [www.choosemyplate.gov](http://www.choosemyplate.gov)

## **Peanut and other Allergies:**

Due to the increase in food allergies and special dietary needs children may need to bring their own snacks. For peanut allergies we will have separate lunch box containers for lunches with peanut butter items and non-peanut butter items. We will assign tables in the lunch room area that will be peanut free areas. Time will be spent with children on allergy education and awareness. If your child has special dietary needs and/or food allergies it is very important that they are explained clearly in the allergies section in this enrollment package.

## **e-mail Information**

To keep up with scheduled events and school closure information we recommend that you subscribe to our posts.

Please go to our web site:

**[www.theafterschoolclub Eugene.com](http://www.theafterschoolclub Eugene.com)**

The "Subscribe" section is on the right side home page.

## **Preschool required supplies:**

Preschool required supplies:

The following items are to be supplied by the families:

Backpack, each school day, big enough to fit all daily supplies, like lunch box and water bottles, as well as extra clothes and art that may come home.

Please label with student's name.

Lunch box with cold packs, each school day. Note: students are most successful with lunch containers that require little to no opening of packages or lids. Please label with student's name.

Reusable water bottle is not required as we do have a water fountain inside the classroom. Please label with student's name.

Extra set of clothing inside a Ziploc bag clearly labeled with child's name. This will stay in the classroom until used. Please replenish if sent home.

Rainboots and rain jacket to keep on site are recommended to change before/after recess . Please label with student's name.

- 1 package of unscented baby wipes
- 1 Box of tissue
- 1 bottle liquid hand washing soap refill
- 1 box of markers
- 1 box of crayons
- 2 glue sticks
- 1 bottle of glue
- 1 watercolors

We love donations any time throughout the year!

Any recycled materials we can use for art (card board boxes, envelopes, containers/jars, lids, magazines, etc.)

Old gadgets for dramatic play or "office supplies" (keyboards, remotes, calculators, etc.)

Clothes for our extra clothes stash or dress up

Gently used toys, games, or puzzles

Sensory supplies (flowers, dry beans, rice, shredded paper, etc.)

# The After School Club LLC or The ASC

## Irving Preschool

### Parent or Guardian Authorization

My child may be given non-prescribed medication as indicated on the original container. This may include sunscreen, child pain reliever, Benadryl and antibacterial first aid cream. If your child has had allergic reactions to any of the above items, this must be noted in the ALLERGY ALERT section of this form. The child's parent or guardian will be contacted prior to administering non-prescription pain relievers and/or Benadryl. EACH Prescription medication MUST have a separate detailed permission slip filled out and signed.

In case of emergency, The After School Club has my permission to call 911 and allow them to transport my child to the nearest hospital to be treated by an on-call physician. The parent or guardian will be notified as soon as possible.

**Parent or Guardian signature** \_\_\_\_\_ **date** \_\_\_\_\_

### Parent or Guardian Authorization:

- I have read and understand the policies, procedures and billing for The After School Club.
- I hereby give my consent for my child to participate in this program.
- I have reviewed the behavior agreement and will go over it with my child before their first day in the program.
- I understand the expectations of The After School Club.
- I am aware that The After School Club is an independent contractor for the Bethel School District.

**Parent or Guardian signature** \_\_\_\_\_ **date** \_\_\_\_\_

Signature of ASC Staff \_\_\_\_\_ Date \_\_\_\_\_

Revised 8/26/2023

REMOVE Pages 17 & 18 for PARENTS to KEEP



# Parents Keep pages 17&18

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**Program into your cell phones:**

Classroom #1 Butterfly Cell Phone 541-554-3481

**\*\*Our cell phones do have texting.\*\***

**E-Mail Information**

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**Healthy Eating for preschoolers Daily Food Plan**

*Use this Plan as a general guide.*

- These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
<b>Fruits</b> 	1 cup	1 - 1½ cups	1 - 1½ cups	<b>½ cup of fruit?</b> ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
<b>Vegetables</b> 	1 cup	1½ cups	1½ - 2 cups	<b>½ cup of veggies?</b> ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
<b>Grains</b> Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	<b>1 ounce of grains?</b> 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
<b>Protein Foods</b> 	2 ounces	3 - 4 ounces	3 - 5 ounces	<b>1 ounce of protein foods?</b> 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
<b>Dairy</b> Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	<b>½ cup of dairy?</b> ½ cup milk 4 ounces yogurt ¾ ounce cheese 1 string cheese

Some foods are easy for your child to choke on while eating. Skip hard, small, whole foods, such as popcorn, nuts, seeds, and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat—about the size of a nickel.

There are many ways to divide the Daily Food Plan into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at [www.choosemyplate.gov/preschoolers.html](http://www.choosemyplate.gov/preschoolers.html)

Parents Keep pages 17 & 18

Revised 8/26/2023