



Attention Parents & Guardians!



## It's here! Dinner Time and Snack Time!

Each day Heinz will be offering one free meal and free snack to each member that is here to participate in the daily activities.

### **What does this mean for your child?**

Each day when your child comes to Sarah Heinz House, they will have the option to receive a free dinner (lunch- on Saturdays) and a free healthy snack.

### **What do the meals consist?**

Each meal and snack meets government guidelines for a nutritious meal. Every meal will consist of 1 meat or meat alternative, 2 fruits/vegetables, a starch, and a carton of milk. We have two objectives. 1- Provide a healthy meal that will help give your kid energy, and 2- Provide a meal that the kids are going to like, and actually eat.

### **How will I know what is going to be served?**

At the beginning of each week there will be menus available at the front desk in the great hall for anyone who would like one.

### **What time is "Dinner Time" & "Snack Time" ?**

#### **Dinner Time is:**

Weekdays (Monday – Thursday) 4:30-6:00pm, Friday 5:00–6:30pm and Saturdays 11:00am-12:30pm

#### **Snack Time is:**

Weekdays (Monday – Thursday) 6:30 -7:30pm, Friday 7:00-8:00pm and Saturdays 1:00am-2:00pm

### **What if my child is in program during these times?**

Unfortunately, due to the high volume of customers and restrictions of this program, we only have an allotted amount of time to serve both the meal & snack. We have tried to schedule the meals when the majority of our members can take advantage of the program, however meals will not be given away outside of these designated times. Food will still be available for purchase from 4-8pm weekdays and 11:00am-2:30pm on Saturdays.

### **Are the meals and snacks just for the kids?**

The meals and snacks will be available and free for all MEMBERS. Any parent, staff, volunteer, non-member sibling, ect. can purchase the meal for \$4. (With the \$4 meal customers will have the option to substitute the milk with a small fountain drink). The daily snack can also be purchased for \$1.

### **What if my child has dietary restrictions?**

Any child that has food allergies or dietary restrictions should send written notification, ahead of time, to Kitchen Manager so that appropriate actions can be taken.

PARENTS: PLEASE REMIND YOUR CHILD/CHILDREN THAT THEY SHOULD PLAN WHEN THEY EAT SO THAT THEY ARE **ON TIME** FOR THE CLASSES THAT THEY ARE THERE TO PARTICIPATE IN!! THANK YOU.