



A North Carolina Division of
Child Development licensed
Five Star Child Care Center

New Horizons Child Care, Inc.

6395 Cephis Drive

P.O. Box 676

Clemmons, NC 27012

336-766-7079

horizonschild@gmail.com

newhorizonschildcareinc.com

Hello Friends,

My name is Kay Reece, I have worked at New Horizons Child Care for eighteen years. I really enjoyed working with all ages throughout the classrooms, but I do love cooking the meals for all of the children. I have been preparing the meals for the children for the last ten years.

I love spending time with my son and family, relaxing with my soap operas and being a nanny in the evenings to two sweet little ones. I enjoy coffee, checking out the deals at JCP and Kohl's with my sister. Chocolate is my weakness, especially, Reese's peanut butter cups. I like to go swimming and take short walks with my dog, Toby. If you all ever have simple recipes you would like to share, please feel free to stop by and visit me.

Some helpful hints that would help in the Kitchen/Cafeteria would be:

- Please Call the Center no later than 10:00 a.m. if you plan on being late.
- If you supply your own Soy milk please keep it stocked on a regular basis, labeled with your child's name on it and date. (Remember it has to contain 8 grams of protein)
- Please keep your **infants feeding schedule** updated in the classrooms so that I can prepare substitutes needed. (Infants only)
- Food Allergies **MUST** have a note from the doctor and given to management.
- Please No Homemade foods. This is a **STATE LAW**; it must be bought in the Bakery or Deli.
- Please do not arrive to school with a Sippy cup or food from home/restaurant.
- **NO** Peanut butter or Nut products are allowed anywhere on the NHCC premise.

USDA Food Program Information

Through our participation in the Child and Adult Care Food Program (CACFP), we serve USDA-approved meals and snacks to all of our children at no additional charge. Nutrition experts select foods and plan menus that will not only meet your child's nutritional needs, but also encourage children to try new foods and make healthy choices. You will see:

- Our posted menu listing breakfast, lunch, and afternoon snack choices for a well-balanced diet all week long.
- The allergy notice posted on the parent board, one of many procedures in place to ensure your child is safe, secure, and well-loved while he/she is here. It is posted in the kitchen as well.
- A schedule shows that snacks and meals are served that are in compliance with the food guide lines to ensure that children are well-nourished while they are with us.
- The schedule also includes ample time though out the day for play, outdoor activities, rest time, creative art, science experiments, and more.

Thank you so much for your help and cooperation in maintaining a healthy and happy child in their learning environment. Hugs from Ms. Kay.