

## NUTRITION TIPS!

### Toddlers & Preschoolers:

Toddlers and preschoolers grow in spurts and their appetites come and go in spurts, so they may eat a whole lot one day and then hardly anything the next. It's normal, and as long as you offer them a healthy selection, they will get what they need!

### Grade-schoolers:

The body needs carbs (sugars), fats, and sodium, but should be eaten in moderation, as too much can lead to unneeded weight gain and other health problems. Packing your child's lunch or going over the lunch menu and encouraging him or her to select healthier choices can help keep things on track.

### Preteens & Teens:

Like calories, calcium requirements are higher. Calcium is more important than ever during the tween and teen years because the majority of bone mass is built during this time. Encouraging kids to have milk, milk products, or calcium-rich alternatives, should help them get more calcium.



THE ARC  
**KOHLER  
SCHOOL**

EST. 1963

### NUTRITION & FOOD SERVICES

Why is nutrition important?

What dietary needs can we accommodate at Kohler?

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**The Arc**  
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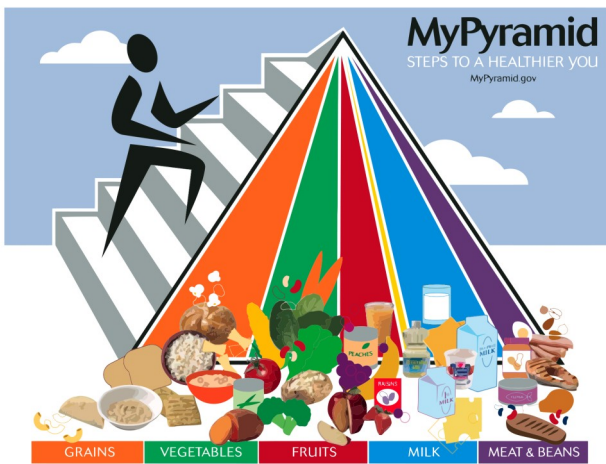
## Why is Nutrition Important?

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Nutrition is more than just about food - the vitamins and nutrients in our children's food help with:

- Physical growth and development
- Attention and focus in class
- Promoting overall health
- Cognitive development
- Immune function

And so much more!



## What Kinds of Nutritional Needs Do We Accommodate?

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At Kohler, the dietary needs of each individual student are accommodated at every meal. From allergies and dietary restrictions to consistencies and ingredients, every child's nutritional needs and dietary needs are met!

### Breakfast & Lunch

Every child who attends Kohler is entitled to participate in our free breakfast and lunch programs. Each student is offered breakfast during their morning and has lunch with their peers in the cafeteria. Meal times not only help speech and occupational therapists work on self-feeding, swallowing and oral motor skills, but also promote social interaction with peers and adults in the room.

## The Student Cafeteria & Kitchen

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