



## Lunch Guidelines

Having lunch together will be an important part of our Preschool day, and we look forward to making it work well and be enjoyable for the children!

We plan to eat at our classroom tables, with the children in small groups. One of the teachers will sit with each group. Children will wash hands before eating. As we enjoy eating and talking together, we will encourage children who eat more quickly to stay with us for a short time before moving on to quiet play while others finish. We will have children return uneaten food to their lunchbox or bag so that you will know how much they've eaten. We will be asking children not to share or trade lunch items, but just to enjoy what they have.

We do not have a way to refrigerate lunches, so plan accordingly; some parents freeze a drink and then let it thaw in the lunchbox, keeping food cold. There are also lunch bags with a pocket to insert a blue ice unit.

We have found that children like lunches with finger foods in bite-size pieces, sandwiches cut into quarters, easy to open containers and small quantities. They usually enjoy conversation around the lunch table, and will eat more if the food is easy to eat. Teachers will be happy to help children with opening things, but it does make children feel capable to manage everything on their own!

**THE PRESCHOOL IS A PEANUT FREE ENVIRONMENT.** There are several children in our Preschool who have severe allergies to peanuts and nuts, so please do not send peanut butter, peanut or nut items for lunch. If a food label indicates that it has been produced in a facility that also produces peanut products, it is okay to use that food. Thank you so much for your cooperation with this, it means a great deal to the families of children with allergies.

Your questions are always welcome!