



Cooked up by AAPI Montclair

Loving Your Lunch

A Guide for Students

1. If someone says something unkind about your lunch or makes you feel upset, be sure to tell a grown-up about what happened. This could be a parent, teacher, or another adult you trust.
2. It's okay to have foods that might look, smell or taste different than other kids' lunches. Lots of people eat very different foods depending on where they are from or what they like to eat.
3. Please tell your parents or caregivers if there are certain foods you would rather eat and enjoy at home rather than at school.
4. It's okay to ask questions or be curious about food, but be sure to ask in a kind and respectful way. This is a good way to learn from others. If someone asks you a question about your food and you don't feel like answering, it's also okay to politely say no.
5. All food is yummy! This is true no matter what others may think or say and no matter where your food is from. Some people just enjoy certain foods more than others.

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