

Snack and Lunch Guidelines

Snack & Lunch time goals: Even this is an important time for learning and skill development for preschoolers!

- Explore and eat nutritious foods by using our 5 senses (different smells, textures, tastes, colors and shapes)
- Practice good hygiene (wash hands before eating, cover sneeze with upper arm)
- Practice good table manners and social skills (say “yes, please” or “no, thank you”, chew one bite at a time, sit on bottom in chair with feet on floor, keep hands to self, take turns)
- Develop self-help skills (open/close lunch containers, push chair in under table, throw trash in the trash can...)

What to pack:

- All Parents will pack & provide a simple, light & nutritious snack and a simple, light & nutritious lunch (or second snack) for their child **following the safe food guideline listed below** (cutting up foods with choking hazards, avoiding prohibited choking hazards).
- Pack a spill proof water bottle filled with water. **Please, NO sodas or sugary drinks.**
- It is acceptable and preferable to send **only** water. If it runs out, we can refill it at school. If you must pack juice or milk, please send only **one** serving per day in a juice pouch, juice box or spill-proof drink container in addition to the water bottle.
- If any items are preferred warm or cold please pack your child’s lunchbox with icepacks/warm packs or a thermos. We will not be able to use the refrigerator to store lunches nor will we be able to warm up lunches in the microwave.
- To help promote self-help skills please provide containers & packaging that the children can learn to open by themselves as much as possible.
- It is helpful to communicate to your child what to expect in their snack/meal and to practice using the containers.

Please follow these guidelines when preparing the snack/lunch:

- Some of the foods eaten at preschool will require **cutting them in half or in small pieces** to prevent choking.
- **Please keep all popcorn, nuts, marshmallows & hard candy at home. These items will not be served at the preschool.**
- *Limit sweets such as candy, cake, cupcakes & cookies to birthdays or a holiday celebration as set in the Minimum Standards for Child Care Settings.*
- As per the Environmental Health Dept Regulations: keep snacks **simple** and to *stay away* from foods that need to be held (kept warm or cold) such as meat, eggs, milk, etc. We will not be able to hold food in the refrigerator nor heat up food.
- If a child who is enrolled at the PPCP has an allergy to peanuts the preschool will become a “Peanut Sensitive Environment” as long as the child is enrolled at the PPCP. We will notify all our families prior to school beginning if we have anyone with a peanut allergy and ask you to keep anything directly containing peanuts or peanut butter at home.
- If you prohibit certain foods for reasons of conscience, please communicate this clearly with your child and in writing to staff.

NUTRITIOUS SNACK IDEAS:

FRUITS AND VEGETABLES	GRAIN	OTHER	No-No's
Raisins	Whole Grain Crackers	Nut Butters	Sugary drinks
Berries- Organic Strawberries (washed, stemmed, sliced), blueberries, raspberries, blackberries	Rice Cakes	Cream Cheese	Popcorn
Grapes- CUT IN HALF (choking hazard if whole)	Granola	Cheese (slices, cubes, sticks)	Nuts
Carrots- BABY PETITE size (with or without dressing)	Mini Bagels	Hummus or other bean dips	Marshmallows
Melons- Watermelon, Cantaloupe, Honey Dew Melon (without seeds, cut into small cubes that can be eaten without lodging in the throat if accidentally swallowed)	Healthy Muffins	Yogurt	Hard candy
Pineapple- cut up the same as watermelon or cantaloupe	Baked Tortilla Chips	Seeds	Lots of sweets like cookies, cupcakes, etc
Bananas	Granola Bars	Edamame (shelled)	
Apples- Organic Apples or Organic Applesauce	Whole grain breads	Legumes	
Clementines, Orange slices	Pasta	Veggie dips	
Snow Peas, Sugar snap peas, Green peas	Rice	Avocado	
Tomatoes (Cherry tomatoes CUT IN HALF)		Guacamole	
Pears		Seaweed	
Cucumbers			
Sweet Potatoes			
Broccoli, Cauliflower			
Spinach, Lettuce, Salad			

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