

## Snack and Lunch Guidelines

Please pack a snack and light lunch (or second snack) for your child each day. Follow these guidelines, especially the list of **prohibited** foods that are choking hazards and how to prepare other foods to minimize choking hazard.

### Snack & Lunch time goals:

- 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 (use serving pitchers, and clearing items from table, push their chair in under table, independently open lunch box & items in lunch box, clean up their things)
- Learn about counting, colors, shapes, amounts, smells, temperatures, and tastes. While feeding themselves, children use fine motor skills and learn self-help strategies

### Please follow these guidelines when preparing the snack/lunch:

- Some of the foods served at preschool will require **cutting them in half or in small pieces** to prevent choking.(see table below).
- **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 birthday’s or a holiday celebration as set in the Minimum Standards for Child Care Settings.*
- Foods that need to be held at cold or warm temps should be packed with ice packs, warm packs, or in thermos.
- 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.
- **Lunch or second snack:**
- All Parents will pack & provide a simple, light & nutritious lunch for their child **following the same food guidelines** (nutrition, cutting up foods with choking hazards...) as we do for snacks. If any items need to be held (keep cold or warm) please pack your child’s lunchbox with icepacks/warm packs or a thermos. **We are unable to use the refrigerator to store lunches due to limited space and we are unable to warm up lunches in the microwave.** We would also like to ask that in helping to promote self-help skills to please provide containers & packaging that the children can learn to open by themselves as much as possible.

### Some NUTRITIOUS Foods and How to serve them:

FRUITS AND VEGETABLES	GRAIN	OTHER	Beverages
Raisins	Whole Grain Crackers	Nut Butters	<b>Required:</b>
Berries- Organic Strawberries (washed, stemmed, sliced), blueberries, raspberries, blackberries	Rice Cakes	Cream Cheese	<b>-Water</b>
Grapes- <b>CUT IN HALF</b> (choking hazard if whole)	Granola	Cheese (slices, cubes, sticks)	*Use spill-proof bottles/containers
Carrots- BABY PETITE size (with or without ranch dressing)	Mini Bagels	Hummus	
Cherry/Grape tomatoes ( <b>CUT IN HALF</b> )	Muffins	Yogurt	
Melons- Watermelon, Cantaloupe, Honey Dew Melon (without seeds, cut into small cubes that can be swallowed without lodging in the throat if accidentally swallowed)	Baked Tortilla Chips	Seeds	<b>Allowed in addition to water:</b>
Pineapple- cut up the same as watermelon or cantaloupe	Granola Bars	Edamame (shelled)	-100% fruit juice
Bananas	Whole Grain Bread	Guacamole	-Milk
Apples- Organic Apple sliced or cubed		Cottage cheese	-Choc. milk
Fruit purees (applesauce, pearsauce, etc).			*Use spill-proof bottles/containers
Clementines			
Snow Peas			
Chopped/Sliced Tomatoes			*Water is all that is required
Pears			
Cucumbers			
Sweet Potato Fries			*If you choose to send a non-water beverage, please limit to only ONE serving.
Broccoli			
Spinach (dip)			
Salad			
Avocado			

\*Fruit Snacks, fruit juice and other processed fruit juice products are not considered a whole fruit/veg serving.