Mealtime



Mangia! Mangia!

At Storybook Village, mealtimes are more than a time to eat—they are experiences to gather, connect, and grow together. We thoughtfully prepare our mealtime environment to create a warm, welcoming social experience where children can enjoy the company of their friends and teachers while developing a growing sense of belonging, community, and care for one another. During meals, children are encouraged to listen to their bodies, explore nutritious foods, and make meaningful choices about what and how much they would like to eat. Teachers gently guide and support children without pressure, honoring each child's individual needs, preferences, and developing independence.

The mealtime experience invites children to practice important life skills and caring routines in meaningful ways. With child-sized dishes and serving utensils during school snacks, children can serve themselves, pour, pass food to friends, and help care for their shared space. As they help set the tables, clear their dishes, and help restore the tables, they experience themselves as capable children and contributors to their classroom community.

Healthy habits are woven naturally into our daily rhythm. Children wash their hands before joining the table and before participating in cooking experiences, building an understanding that caring for ourselves is an important part of caring for our community. Through shared meals, conversations, and hands-on participation, children develop self-help skills, table manners, confidence, responsibility, and prosocial friendship skills.







Storybook Village is a Nut-Free preschool. All food brought to the school must be nut-free. For safety, parents must share all confirmed food allergies from their child's physician with the director.

Home Lunches

Families provide nutritious, "ready-to-eat" lunches for their children. When families provide lunch from home, they have the opportunity to choose and know exactly what their child will be eating throughout the day. All lunches must promote independent eating by cutting foods to an appropriate size; please cut foods a child could choke on (grapes, uncooked vegetables, cherry tomatoes, etc.) before packing them in the child's lunchbox.

Sweetened treats, candy, desserts, juice, and flavored milk are not allowed. If these items are packed in a lunchbox, we will store them in the school kitchen and return them to the family.

We can help prepare lunches by heating items in the microwave. If your child's lunch needs to stay cold, please include an ice pack in their lunchbox. Lunches will not be shared with other children. Please make sure your child's name is clearly labeled on the outside of their lunchbox. Families place lunchboxes on the cart upon arrival. They will be available for families to pick up from the cart at the end of their child's day.

Lunchtime is at 12:00 pm. Our school will provide whole milk for children at lunchtime. Water will always be available to children throughout the day.

School Snacks

Storybook Village will provide two nutritious snacks each day. Snack time is a space for relationships, connection, and encounters with others and the world around us. Our school snacks are prepared on-site each day, and mealtimes are designed to be both nourishing and joyful. Because children are known to "eat with their eyes," we create hands-on cooking experiences that invite children to explore food, spark curiosity, and develop healthy eating habits.

As outlined in the California Child Care Licensing Regulations, each snack will include foods from at least two of the four major food groups, providing children with a balanced and nourishing snack. We will not serve foods containing artificial sweeteners or artificial food coloring, and we will not offer sugary treats or desserts as part of our school snack program.

We serve snacks daily at approximately 10:00 a.m. and 2:30 p.m. Children must eat breakfast at home. Outside food is not permitted upon arrival. Any food brought from home must remain in the child's lunchbox.



Blueberry Muffin, Ava, 4.5 y.o.

