



Dall’Inizio’s Lunch Box Policy



We ask that your child bring a breakfast and lunch from home, bringing a snack is optional. Providing good nutrition for your child is a partnership. We ask that you remember this when packing your child’s lunch box. We would prefer that parents send only healthy foods, so we ask that when making choices of what to pack in your child’s lunch box, that you pack as many healthy options as you are able. We highly recommend packing fruit and/or vegetables in your child’s lunch box every day. Foods such as sandwiches, veggies, fruit, yogurt, applesauce, crackers, or cheese provide the lasting energy that your child needs to get through the rest of the day. Foods like processed fruit snacks, cookies, chips, and candy tend to cause children to crash later in the day. We have very busy mornings and lunch time is the time for your child to refuel for the rest of the day.

We ask that you bring your child’s meals in a lunch box with an ice pack labeled with their name to be placed in your child’s cubby. I would encourage you to label all of the containers inside of the lunch box as well. Teachers sit with the children at meal times to assist them with opening and closing of containers.

Please make sure that your child’s lunch is ready to eat “as is”. Foods that require adult preparation (i.e. EasyMac, microwavable ravioli, and uncooked ramen noodles) are not good choices for child care.

Teachers will not indicate in what order your child should eat his/her food. If you send pudding, kids’ yogurt, and a granola bar, remember that each of these foods has an extremely high sugar content and your child may choose to eat all of these while leaving his/her sandwich or apple in the bag! Make your selections carefully.

- Lunch boxes, ice packs and containers need to be labeled with your child’s name.
- Please indicate which food is for breakfast and which food is for lunch.
- Please pack an ice pack, lunch boxes will be placed in children’s cubbies.
- Soda, gum, and hard candy are NOT allowed at school.
- Juice and other sugary beverages are **STRONGLY** discouraged at school. Water is freely available at all times. **Please provide a water bottle for your child.**

Afternoon Snack:

We provide an afternoon snack that consists of at least two food groups, usually a fruit or veggie and a grain, however, many children do prefer to pack their snack too. We are fine with either choice.

Choking Hazards:

The following foods will not be permitted at Dall’Inizio DaySchool because of the choking hazard to children below four years of age. If your child is four or older you may include these items in their lunch; however, we ask that you not bring them to school if you are providing a special snack for all of the children. They include:

“...foods that are round, hard, small, thick and sticky, smooth, or slippery. Examples of these foods are: hot dogs (whole or cut into rounds), raw carrots (cut into rounds), whole grapes, nuts, seeds, raw peas, hard pretzels, chips, peanuts, popcorn, marshmallows, spoonfuls of peanut butter and chunks of meat larger than can be swallowed whole.”

*Caring for Our Children

Nutritional Health and Safety Performance Standard 4.03

If your child is younger than 4 years of age, please refrain from including the above-mentioned items in his/her lunch box. If you must pack items such as these please make sure they are precut into tiny pieces. While your child may be able to eat these items, there are others who can’t, should they accidentally get a hold of them.

Allergies

In the event that a child with severe food allergies (ie. peanuts, milk, etc.) is enrolled, we reserve the right to ask all families to respect the health of that child and refrain from sending the indicated foods to school. These restrictions will be posted.

Special Lunches

There are occasions when a family wishes to provide a catered lunch for the center/classroom. We will notify you ahead of time so that you may have a break from packing a lunch!

Breakfast Items

For your convenience, you may bring a box of cereal to leave on the shelf at school. We will label it with your child’s name and let you know when you are close to running out.

