



HELPFUL HINTS FOR PACKING LUNCH

Packing lunch for a preschooler can be a challenge for parents! What can you pack that is healthy, that your picky little eater will actually eat, and is easily-packable for school? Here are some helpful hints:

- **Pack a lunch and drink for your child each day.** Pack simple, nutritious foods that your child can eat and handle him/herself as much as possible
- Save sugary desserts and candy for special occasions
- Choking hazards include hot dogs, whole grapes, nuts, popcorn, big chunks of raw vegetables, etc.
- **We are a nut-free school.** DO NOT pack anything containing nuts: no peanut butter, no Nutella, no almond butter, no granola bars with nuts, no tree nuts, no pine nuts, etc.
- Send only half a sandwich if that is all your child will eat
- Teachers will pack uneaten lunches and send them home so that you can see what was not eaten
- Fruit: peaches, pears, apricots, strawberries, raspberries, watermelon, cantaloupe, kiwi, bananas
- Graham crackers, goldfish
- As your child is ready – chicken, bite-size meats, vegetables with dip
- Yogurt (some yogurt tubes can be frozen overnight and thaw in lunchbox), applesauce with a spoon or squeeze pouch
- Send everything your child will need for lunch including napkins, spoons, forks, and straws
- Put names on returnable items
- Pack lunch in an insulated lunch bag (available in the Weekday School office) with an ice pack
- Do not send foods your child has never eaten before
- Ask your child's teacher for ideas that other classmates are eating

You are always welcome to join us for lunch! Please let your child's teacher know when to expect you.