

## Lunch at School

1. **Families pack the lunch, and we provide the snacks at school.**
2. Group eating situations are different from a home setting. Extra precautions are needed to keep everyone safe at school during lunch. Pediatricians advise parents to avoid the foods listed below, because their shape or consistency is a choking hazard. Please do not send the following foods to school:

- \*Popcorn
- \*Nuts of all types
- \*Uncooked carrots and celery (Ok if cut in lengthwise strips or cooked)
- \*Hard candy
- \*Chicken meat on bones
- \*Hot dogs (Ok if cut in lengthwise strips or smaller pieces)
- \*Grapes (Ok if cut in half)



3. Label all food containers! Items can get misplaced around the table, and children often can't distinguish their own food at school. It is also a safety concern for children with allergies, who need to keep their food from mixing with other children.
4. DO NOT pack items with nuts in your child's lunchbox. Pay close attention to items like energy bars, cookies, muffins, or things including Nutella and Peanut Butter products.
5. Think of reusable packages. They are not only good for the environment, but they allow us to easily repackage lunch boxes, so you can keep track of what your child is eating at school or feed it to them after school.
6. Due to allergies, we do not allow children to share their lunch at school.
7. We do not microwave food for children.
8. We can provide cutlery, napkins, and cups for water at school if needed. Help us save the environment by providing reusable items.
9. Leave dessert out of children's lunches if you want them to eat their growing food. Children tend to fixate on the treats and refuse the healthy part of their lunch.

Please let me know if you have addition questions.

Marcela and the Tam Teachers