

TOT TIME PRESCHOOL

SNACK AND LUNCH

We, at Tot Time, are aware of how nutrition plays a significant role in brain development for our students. In addition, we believe snack and lunch time allows for the opportunity to teach independence in feeding, cleaning up after eating, and how to behave socially at a table while eating. Each child will sit in their own chair for snack and lunch. It is with these principles in mind that we recommend the following:

Snacks:

- **Please send in ONE item for snack time, wrapped separately and marked with your child's name.**
- Pack snack and water bottle (child-size and spill proof) outside of lunch box, in Tot Time totebag.

Lunch:

- Please send in appropriate portions for your child and **provide necessary eating utensils.**
- Lunch should be finger foods and items that do not need to be heated.
- Pack all lunch items in ONE container. When age appropriate, please have your child practice opening and closing the container and lunch box (if used) at home.
- Grapes, cherry tomatoes, or olives **MUST** be cut in halves or fourths to avoid choking hazards.
- Ice packs are discouraged. They make it more challenging for students to learn independence.

Drinks:

- Please only send water to drink to avoid sticky spills and sugar crashes.
- **Water bottles should be child-sized and spill proof, and packed outside of lunch box.**

Healthy & Colorful Food Ideas:

- Fruit (fresh, dried, squeeze applesauce)
- Crunchy (pretzels, goldfish, crackers, raw veggies, veggie straws)
- Protein (string cheese, deli meats, hard boiled eggs)
- Sweet (granola bites/bars, fruit snack, muffins)

Food Items to Avoid (for making lunch less stressful for your child and teacher):

- Any item that makes your dinner table difficult to clean (spaghetti, rice)
- Dips and Sauces (including hummus)
- Prepackaged Lunchables
- Popcorn (Pirates Booty is ok) & Chips
- Hotdogs - whole & pieces (choking hazard)
- Fruit Roll Ups
- Tube yogurt
- Cookies, Cakes, Candy

Nut Free Classroom: If your class is designated as nut-free, there are several brands that are prepackaged snacks made for a "Nut free classroom" such as Made Good, Great Value (Walmart Brand), Annie's, Quaker Chewy Fruity Fun Bars, That's It Fruit Bars, Snyder's Pretzels and many others.

Please understand that individual teachers may add to or subtract from the above list.