

What You Should Bring to the Seedlings, Saplings or Oak Trees Class

FOOD:

- Please send lunches in a lunch box with your child's name on it and label all food inside with name and date. We have a refrigerator and microwave in each classroom. All lunches will be put in the refrigerator. They cannot be left out or have ice packs to stay cold. Solid foods should be cut into small pieces and ready to serve. Parents can enroll in our lunch program. We will provide lunch daily for \$5 a day. Parents must enroll at least a week ahead of time for planning purposes.
- We prefer not to use glass containers in the classroom, as items do slip and break causing possible hazards. Any food that needs to be heated, please pack them in approved microwavable containers suitable for heating or refrain from packing items that need to be heated. We cannot transfer your food into center containers for heating.
- **We are a peanut free center.** Please do not send any peanut products. If you have items that look like peanut butter, please label them clearly. If it is not labeled, we will have to err on the side of caution and not serve the item. **Please refer to our list of foods that we cannot serve to children under the age of 4 and how items should be cut in order for us to serve them.**
- We provide 1% milk and water daily with lunch and snacks, there is no need to send a drink. We strongly discourage juice or any other sugary beverages.
- We do not tell the children what to eat first and last. We discourage sending "treats" like cookies, candies and chips. They will always eat those items first.
- Please see our monthly snack menu for snacks being served. We recommend you indicate what snacks you wish us to serve if you have dietary or food restrictions.

CLOTHING:

- Please bring your child in clothes and shoes that they can play, run, jump, climb and get dirty in.
- Please bring in at least two changes of clothing to keep here at the center. We do not use bibs or sippy cups in these rooms. Spills happen often. If we use the extra clothes, please replace them the next day.
- A hat to wear outside in warm and cold weather.
- Optional: Rain boots are highly suggested as we have some nice puddles when it rains. (you may keep the boots here in your child's cubby)

OTHER:

- If not yet potty trained please supply diapers, wipes and diaper creams (with topical authorization form filled out with your signature). Providing a large box of diapers and wipes is recommended. Staff will let you know when you are running low and need to bring in more. Any diaper ointment for prevention of rash will be accepted with our topical authorization form filled out with your signature. **Once the ointment becomes a treatment, a medication form with both parent and physician's signature is required.**

*****Please remember to label all items that come from home. This is to protect your child's health and safety, as well as, to prevent loss of possessions. Label all items with permanent ink.**