

All day children

Lunch Routine

Important: Please note: you may not send any items to school that could contain any nuts or peanuts.

When sending homemade snacks for lunch please indicate that there are no nuts. Also identify when sending a soy butter sandwich to avoid confusion with peanut butter.

I will try to organize pizza lunches. Details will follow.

We have discovered that many children have trouble opening the different containers in their lunch box. In order to solve this problem we have a few suggestions to help your child.

Disposable Juice Box: The cellophane paper around the straw is very difficult to take off and the straw difficult to pierce the juice box. Furthermore, if your child does not drink all of the juice the box goes in the garbage half empty.

Solution: Plastic Juice box - Children can easily pull the spout to drink and when they are done they can keep what is left for a drink later in the day. This solution will decrease the amount of garbage therefore helping the environment.

Plastic containers and “Ziploc” bags: It would be a good idea for you and your child to practice opening and closing these containers at home. You will be able to see which container is most suited to your child’s abilities. A child’s self-esteem increases when he/she is able to do things for himself/herself (like opening and closing their own containers).

A helpful hint to finish: Big portions and many containers discourage children at lunch time. It is preferable to send more varieties of food in smaller portions and in ONE container with partitions.

Please send a cloth napkin and utensils (as needed) everyday in your child's lunch box.

Microwave:

Please send the meal in a microwave safe dish. The glass dishes with the plastic lids are the best.