

Lunch Box Suggestions



Because we do not sponsor a lunch program, the State of Connecticut has asked us to recommend a nutritious lunch for your children. We want to make Earthplace a happy, successful experience for your child. Over the years we have found that there are a few guidelines that help with this process:

Food Update: Do not bring peanuts, peanut butter or peanut products, and also no tree nut products such as Nutella, or other hazelnut products and almond butter. **Sunflower butter and soy nut butter are fine. If you send either of these please label them.**

YES

Please use a soft-sided insulated lunch box with an ice pack. An ice pack is a State Regulation that must be adhered to. Please do not send a plastic or paper bag. Please send utensils and napkins with your child's lunch each day.

Suggested Foods:

- ½ sandwich
- Apples or oranges cut in sections
- Applesauce cups
- Bananas
- Chips or crackers in a baggy (a few works better than a whole bag of chips or crackers)
- Cheese
- Cold cuts- rolled, on a sandwich, Meat- cut into bite-size pieces according to each child's chewing and swallowing capability
- Cookies (one or two- not a bag full)
- Dry cereal
- Juice boxes & small drinkable yogurts w/ straws, thermos with drink
- Yogurt in a cup with a spoon
- Soy butter
- Sunflower butter
- Veggies (carrots-if sliced thinly)
- Water bottled or in a thermos

Please...NO!

The following foods are either not developmentally appropriate for children to handle in a group situation and/or can pose a choking hazard: This is based on the recommendation of the American Academy of Pediatrics and the National Association for the Education of Young Children.

- Almond butter
- Candy
- Carrots (unless sliced thinly)
- Glass containers
- Grapes (unless cut in half)
- Hard pretzels
- Hot dogs (unless cut lengthwise)
- Large pieces of meat (need to be cut into bite-size pieces)
- Peanut butter
- Nutella
- Nuts
- Peas-raw
- Popcorn
- Yogurt - squeezable
- "Sippy" cups (Earthplace is a safe place to have children transition to using small cups. Many local speech therapists have advised us to promote using cups at school.)

Please remember to pack all items in ready-to-eat condition. For example, if your child likes to eat oranges in sections, peel the orange and divide it in sections before packing it. If he/she prefers bite-size pieces, please cut it up at home. Single-serving, ready-to-eat, child-appropriate portions in easy-to-open containers will give your child the opportunity to develop confidence through self-sufficiency.

Thank you.