

Lunch Box Suggestions



Because we 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, including at meal times. Over the years we have found that there are a few guidelines that help with this process:

Allergy Notice: Earthplace is a peanut and tree nut free facility. Do not bring peanuts, tree nuts, or products containing peanuts or tree nuts.

Sunflower butter, soy butter, and oat butter are great alternatives. If you send any of these, please be sure to label them clearly so we know they are safe to serve.

YES!

Please use an insulated lunchbox with an ice pack each day. Use of an ice pack is a state regulation that must be adhered to. Please do not use a paper or plastic bag. Please send in any necessary utensils with your child's lunch each day.

Suggested Foods:

- half sandwich
- apples or oranges, cut in sections
- grapes - must be cut lengthwise
- applesauce cups or pouches
- banana or banana chips
- crackers
- cheese
- cold cuts - rolled or on a sandwich
- meat - cut age-appropriately, not too small
- dry cereal - please be mindful of allergies (i.e. no honey nut cheerios, etc.)
- yogurt cup with spoon, drinkable yogurt with straw, yogurt pouch, or yogurt tube
- rice or pasta
- chicken nuggets
- cut hot dog (thin strips or half circles, not round)
- sunflower butter, soy butter, or oat butter
- raw or cooked vegetables (if cucumbers or carrots, cut lengthwise, not round slices)

Please... NO!

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

- nuts
- nut butters and spreads (peanut butter, almond butter, cashew butter, Nutella/chocolate hazelnut spread, etc.)
- candy
- popcorn
- glass containers
- "sippy" cups or bottles - Earthplace is a safe place to have children transition to using water bottles and cups, as advised by local speech and occupational therapists

Thank you for your cooperation!

Please remember to pack all items in ready-to-eat

condition. Single-serve, ready-to-eat (pre-cut or pre-peeled), child-appropriate portions in easy-to-open containers will give your child the opportunity to develop confidence through self-sufficiency.

