



Lunch Time Guide For Pre-K 4/5 2021-22

****Kensington Nursery School IS
NUT-FREE!**

**NO PEANUTS, PEANUT
BUTTER/NUT BUTTERS OR TREE
NUTS ALLOWED!****

Lunch Time will begin on our first
FULL session of class.

Each day, lunch will be brought in from your home. Each morning, lunch boxes will be collected at drop off and brought directly to the dining area. Please pack lunches that the children can manage as independently as possible. Lunch time is a great time to practice some self-help skills!

Your child will need:

- Lunch in a lunch box or bag clearly labeled on the OUTSIDE with your child's name
- Reusable water bottle clearly labeled on the OUTSIDE with your child's name
- Include ice/cold pack in lunch box to keep cool
- Lunch should be packed in kid-friendly, easy to open containers
- Lunch **must** be nut-free (no nuts or nut butters- peanut, almond...)


What to pack for lunch?

Does "school lunch" mean you must pack a sandwich? Heavens no! If lunch is free of nuts/nut products, the sky is the limit! Want to send something warm for lunch (chicken, pasta, soup...)? Put it in a thermos. Check out social media- there are many great ideas for healthy, yummy lunches. (We have seen everything: sandwiches, hard boiled eggs, pasta, cheese and crackers, and even anchovies!) Be careful not to offer too many choices - 3 to 4 is plenty. Fewer choices make it easier to "get down to eating". We gently encourage and remind the kids to eat that healthy lunch, so we all have fuel/energy for the rest of our day!

(* Please see reverse for some tips!****)***

 Some Tips: 

- PRACTICE!
 - At home, practice:
 - opening and closing your lunchbox
 - opening and closing your water bottle
 - opening and closing sandwich/lunch containers
 - eating lunch that has been packed in your lunchbox
- Pack Pre-K friendly foods/containers
 - You may want to try:
 - Bento box
 - “snap” closure containers
 - Reusable pouches

(These reduce waste and are kid friendly)
- “Beware” of prepackaged food
 - They can be difficult for preschoolers to open.
 - Put a snip  in the bag/wrapper for easy opening!
- Remind your child which containers come back home and which go into the trash/recycling.