

Preschool

GUIDELINE FOR PRESCHOOL LUNCHES AND SNACKS

In order to adhere to the EDCJCC's kosher policy, we ask that **school lunches and snacks not contain meat (including red meat or poultry) or shellfish (e.g. shrimp, crab, eel , etc).** Vegetarian, dairy, and non-shellfish fish are all welcome.

We are unable to refrigerate lunches. If you would like to send items that should be kept chilled, we recommend lined lunchboxes, ice packs and/or freezing a water bottle or juice box to act as an ice pack. Thermoses (labeled) may be brought, but the staff cannot heat foods. If you want to send in something to be served warm, you can heat it in the morning and send it in a thermos.

If there are specific severe allergies in your child's classroom, there may be further restrictions put on what you can send. You will be notified as soon as possible if that is the case.

Occasionally we will provide food for the children as part of a holiday celebration or other special occasion. **Any food provided by the EDCJCC will be certified kosher and nut-free. If you bring in a treat to share with the whole class (for a birthday or other special occasion), it must also be certified kosher and nut-free.** We can give you guidance on kosher certifications and where to find them!

Please send in two items for your child to eat at snacktime every day, and please have a separate container or pouch for these within the lunchbox so that the teachers know what is intended for snack. If you prefer to have your child finish their uneaten lunch for afternoon snack, that's fine too, just let the teachers know.

In order to plan a nutritious lunch for your child, try to include the following:

- Protein (egg, dairy, soy, fish)
- Fruit
- Vegetable
- Grain (bread, pasta, rice, etc.)
- A drink (we suggest a reusable bottle unless using the drink as an icepack (see above))

*We strongly suggest keeping sugary foods to the bare minimum.

We also ask that you do not pack candy in your child's lunch or send it in to share with others.

Some popular lunch options, though this is not an exhaustive list:

- Applesauce, sliced fruit or a fruit cup
- Bagel with cream cheese/spread
- Bean or vegetable burrito
- Cereal with milk in a separate container
- Cheese and crackers, or cheese sticks/string cheese
- Cheese quesadillas
- Eggs—scrambled, hard-boiled, egg salad, or in an omelet
- Fish sticks
- Fresh fruit
- Fruit salad
- Hummus and pita
- Muffins
- Pasta—with sauce or as a salad with cheese, egg, tuna and/or whatever veggies they will eat
- Peaches or bananas in sour cream, yogurt or cottage cheese
- Pizza or pizza bagels
- Raisins
- Sandwiches: cheese; almond/cashew/nut/sunflower butter and jelly (or bananas or celery); hummus; tuna; egg salad; cream cheese (with cucumber or jelly)
- Tofu
- Tofu dogs or tofu nuggets
- Tuna fish
- Vegetable soup (no meat base)
- Vegetarian lasagna
- Veggies
- Yogurt

To aid your child's feeling of independence and to help alleviate confusion during lunchtime, please peel eggs and fruit with rinds (e.g. oranges), cut grapes, etc. Please pack a spoon or fork when necessary. Please be mindful of foods that can cause choking.