

ECCEC LUNCH TIME GUIDELINES

- ☺ The FDA suggests that lunches should include something from each of the four food groups each day:
 - 1-fruits and vegetables
 - 2-cereal and breads
 - 3-protein
 - 4-dairy-milk is provided by the CenterWater is also provided
- ☺ Mark your child's lunch box with his/her **first name** on the outside where it is **easily** seen. Check frequently to make sure it is not worn off.
- ☺ Send **small** portions - if food is being returned, you are probably sending too much. Send food that your child **likes!**
- ☺ Use a cold pack to keep food at a safe temperature. No refrigeration is provided by the Center. Put your child's name on cold pack.
- ☺ Health authorities have advised us that small children should not eat *hot dog "pennies", nuts, popcorn, fruit by the foot, fruit leather, and that all **grapes should be cut in half** to avoid choking.*
- ☺ All children need a napkin, and who doesn't enjoy colorful, party napkins? Use your leftover birthday or holiday napkins as a lunchbox treat.
- ☺ Small thermos keeps foods warm until lunch.

