



Winter Park Presbyterian Preschool

Lunch and Snack Policy

You will be notified at the beginning of the school year if your child's classroom is a peanut or tree nut free room due to an allergy in the class, and what foods are not allowed. If your child is in a nut free classroom please read labels to determine peanut/tree nut free and made in a peanut/tree nut free facility. Please refer to www.snacksafely.com/download for an up-to-date list of safe foods.

DCF prohibits serving the following foods to children under 4 years of age: choking hazard foods such as whole/round hot dogs, popcorn, chips, pretzel nuggets, whole grapes, nuts, cheese cubes/sticks or any food that is of similar shape and size of the trachea/windpipe. Food for infants must be cut into pieces 1/4 inch or smaller, and food for toddlers must be cut into pieces 1/2 inch or smaller to prevent choking.

Lunches must be appropriately nutritious and safe. No soft drinks or candy should be brought to school. Mark all lunchboxes, containers, bags, cups, dishes, bibs and eating utensils with your child's name. All cups and bottles must be marked with the child's full name to comply with state regulations.

Please send a full refillable water bottle marked with your child's full name every day.

We encourage you to bring healthy snacks for your child. Please review our list of recommended snacks. Snacks should be marked with name and "snack." **If your child stays for extended day until 3:30, please send a second snack.** Please mark their second snack "name, p.m. snack."

For the health and safety of our children, and to guard against allergic reactions, food that comes from home for sharing with other children on special occasions must be accompanied by an ingredient list and approved by your child's teacher and parent of a child with allergies.

Recommended Snacks

Cheese (no cubes or sticks), yogurt, milk
Animal crackers, vanilla wafers, oatmeal cookies, cereal bars
Thin pretzel sticks, whole grain crackers
Applesauce
100% fruit or vegetable juice
Fresh fruit or veggies (carrot sticks, not chunks; cut grapes)

Special Occasions

Celebrate your child's birthday at school simply by sending in mini cupcakes or cookies with minimal frosting. Donuts and donut holes are also acceptable. For the health and safety of our children, and to guard against allergic reactions, food that comes from home for sharing with other children on special occasions must be accompanied by an ingredient list.