

Meals and snacks

Snacks

We have a snack schedule in place. The families are responsible for supplying our environment with healthy, nutritious snacks. Some examples of healthy and nutritious snacks are fresh or dried fruit, vegetables, crackers, pretzels, cheese etc. Each snack must be prepared in a commercial kitchen (store-bought) and individually wrapped when brought into the classroom. This is the guideline we must follow in accordance with the Department of Children and Families. We appreciate your support and understanding in helping us to adhere to the state's guidelines.

Lunches

Please make it your child's responsibility to bring his/her lunch to school. ***If your child forgets lunch please do not bring it to them during the day.*** This will help them to learn a valuable lesson in responsibility and natural consequences. We will ensure your child is provided a healthy lunch here at school in the event that lunch was forgotten.

We encourage the use of recyclable containers whenever possible. For example, thermos for water or milk, Ziploc sandwich plastic containers or wax paper bags as opposed to plastic baggies etc. We encourage you to teach your child how to establish healthy eating habits and to learn to be respectful of their own bodies both inside and out. We as teachers do this not only by teaching about health and nutrition in the classroom, but by consistently modeling these healthy eating habits. As a Montessori parent, please keep this in mind when packing your child's lunch.

Feed your child what you would eat yourself. A balanced meal includes proper portions of protein, natural sugars and carbohydrates. Below is a list of foods that are acceptable and unacceptable for school lunches and as snacks in the classroom.

Foods sent to school in your child’s lunch that are considered unacceptable will be sent home with your child uneaten. Healthy eating habits start early and your support is crucial to the nutritional education of your child.

Acceptable Foods (Organic/Natural if Possible)	Unacceptable Foods
Crackers	Chocolate
Peanut Butter Crackers	Candy
Goldfish	Gummies
Deli Sliced Meats	Pudding
Tuna	Carbonated Beverages
Raw Vegetables	Chips (Cheese, Potato, Corn)
Whole Fruit	Cookies (Graham Crackers- All Natural, Whole Wheat Acceptable)
Pasta	Cakes
Plain Milk	
Pretzels	
Sandwiches with Whole Wheat Bread	
Raisins	
Air Popped Popcorn	
Granola Bars (No Chocolate)	
Natural Cheese (Not Processed)	
Apple Sauce (No Sugar Added)	



Yogurt Eaten With a Spoon - Check label for sugar contents and avoid artificial colors	
Water	

Special Diet and Allergies

Let the Directress know if the child has a particular dietary need, restriction or allergy.

Birthday

“Walk Around the Sun” is a Montessori tradition that we feel is very meaningful and purposeful. You will coordinate this celebration with the Directress when the time is appropriate to do so. Parents are invited to bring in a picture or display board with pictures of each year of your child’s life. You can bring s special snack for your child’s birthday to share with the class. We ask that the ***snack be healthy and provided in accordance to our nutrition guidelines outlined above***. Each snack needs to be individually wrapped for each child. Any special birthday snacks that do not fit with our nutrition policy must be individually wrapped and will be given to the students at afternoon carpool.

Adjustment Period

It will take time for your child to learn to love and trust me; we are building a new relationship. Short-term behavior changes and separation anxiety are normal. *Feel free to linger during this adjustment period, for your comfort or your child’s.*

The following tips will help with this process:

