

## Packing a Safe Snack 101

Cold foods need a freezer pack and an insulated lunch box. There is no fridge space available at school. Any perishable food (i.e. meat, poultry, or egg sandwiches) not eaten will be discarded.

Prepared and packaged fresh fruit, vegetables, crackers, canned fruit; and cold cuts kept in separate small containers are easily prepared the night before and ready to pack quickly the day of.

Shelf-stable foods for easy packing make preparing lunch efficient

We discuss nutrition throughout lunch!! Healthy lunch choices will provide us with awesome nutrition discussions and “teachable moments”, i.e. water instead of juice, fruit instead of candy, ect....Please be mindful of the amount of sugar pre-packaged foods, and juice boxes contain.

Have fun!! The children love “short” notes (even pictures) in their lunch boxes; remember our school rule is to eat the healthy food first, before putting treats into our bodies.

**Please be mindful that Harmony  
Preschool is Peaut, Treenut, Egg and  
Dairy Free!!!**

Read each package carefully to be sure the food was not “processed in a plant with nuts”. If you use soy-butter, please label the sandwich bag. We cannot allow any nut or dairy products in our environment. Thank you!