

Tips for Successful Eating at School



Packing a lunch can be hard!

We appreciate the extra effort at home to make lunch time smoother at school.

- Please remember that teachers are helping 18 kids. The more independent your child is, the more time to eat and enjoy. Practice using the lunchbox and containers at home first. Notice what your child can open and eat independently.
- Label Snack 1 and 2 (or the container) EVERY day and help your child practice finding the 1 and 2. A sharpie works great for labeling. (No need for a name on each item.) Even if you don't mind what your child eats for Snack 1, Lunch and Snack 2, it must be labeled. Snack is 10 minutes long and lunch is 25 minutes so the label helps your child start eating quickly. When the teacher asks the class to "Take out Snack 1," your child is not confused when food is labeled.
- Include all utensils and a napkin. Bento boxes work great for lunch. Add an ice pack, but remember that they can make the tote bag heavy. Due to storage limitations, please pack only one insulated cooler bag. We cannot reheat items at school for your child (and many like food cooler anyway). Water bottles must have straws and glass containers are not allowed for safety.
- Pro Tips: Peel clementines. Put a small slit at the top of a banana to help your child peel it. Small slits on prepackaged items will help your child be independent too. Partially peel cheese sticks. Add a sauce container for dipping if needed.
- Plan Ahead: Portion several days of snacks into containers over the weekend and have them ready to put in the lunchbox to make mornings easier.
- Sunbutter is welcome - please label it the first few times so we know what it is.
- Ask your child what they would like to eat....better yet they can help pack it!
- Practice good table manners at home. Kids are old enough to use a napkin, sit at the table when finished, and clear their dishes.
- Finger foods are much easier for kids at the beginning of the year than those which require a utensil. Kids may not eat much initially in the new environment. Few kids drink much of the milk purchased at lunch. Planning can set them up for success.
- Items with hazelnuts (like Nutella) and granola bars with nuts are the most common "oops!" items.
- Children who are "fed" at home often have a difficult time eating at school. Help build confidence for school with independent eating practice at home!

