

NORTH YARMOUTH ACADEMY

LOWER SCHOOL

FOOD & DINING

Food and Dining in the Toddler, Primary, & Kindergarten Programs:

Food and dining play an important role in the classroom as students will be eating snack and lunch daily. The lunch table can serve as a place where bodies are nourished with wholesome food and minds are stimulated with interesting conversation. Thank you for assisting us to reach these goals!

Lunch:

Our goals are to:

1. Encourage healthy eating habits
2. Teach courteous table manners
3. Avoid waste of food and packaging
4. Learn to set up for lunch
5. Offer thanks for our food and friends

Suggestions for lunch:

1. Parents should provide each child with a lunch box or bag labelled with child's name; an ice pack to keep lunch cold; a water bottle labelled with child's name; a cloth napkin; and silverware as needed.
2. Healthy lunch options might include: sandwiches such as soybean butter and jelly, meat, or cheese; macaroni and cheese; dinner leftovers; cheese with fruit and crackers; vegetable sticks like carrots, celery, cucumber; fruit (whole or cut pieces); and yogurt or smoothies.
3. Please try to avoid: "junk food" (e.g. processed fruit roll-ups, lunchables, candy, etc.); glass bottles; and pre-packaged items or disposable packaging.
4. Cookies and chips should be limited.
5. **Classrooms are peanut- and nut-free** (no peanut butter or nut products of any kind).
6. We have a microwave to heat lunch if necessary, although in the warmer weather we may be eating outside and sandwiches or cold finger foods are definitely easier!

Snack:

This year, students will bring all snacks from home as there will be no class, communal, or shared snack. Children's level of hunger varies greatly from child to child and day to day so it is best to pack several options for each day. Children should bring a simple, healthy snack to eat in the classroom each morning. Cheese with fruit and crackers; a hard-boiled egg; vegetable sticks like carrots, celery, cucumber; fruit (whole or cut pieces); granola bars; and yogurt or smoothies are great snack options. Please try to avoid fruit roll-ups, candy, cookies, and chips as snack options. Busy days also lead to busy appetites and children may find themselves hungry again each afternoon. Therefore, students may wish to have an additional snack for the afternoon. Students staying for After Care should pack an additional snack as no group snacks will be provided this year.