

# Snack & Lunch Policy

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WPELC is a NUT FREE school. NO NUTS are allowed in the classroom or on the playground. We have food allergies and sensitivities in our school that require thoughtfulness and attention to ensure a safe school experience for all of our children. Thank you for your cooperation.

## Snack Policies by Class

Helping Parents - Please pick two or three balanced choices from the **APPROVED SNACK LIST** for your child's class on page 10. When choosing specific items be sure to check labels and remember **NO NUTS!** All snacks brought into WPELC must be prepackaged/store-bought. Water is the drink of choice. Please be sure to slice/cut to avoid choking hazards (e.g., Early Learners require grapes to be sliced and carrots to be julienned). Also, please note popcorn is not on the list as it is a choking hazard.

## Lunch Policies by Class

WPELC cannot control each child's before and after environments and therefore **cannot guarantee a nut free school environment**. WPELC does require staff to check packaging to ensure snacks are safe for children with life threatening food allergies and food sensitivities. WPELC requires all families sign the Snack & Lunch Policy stating they understand our policy and will comply to ensure the safety of all the children in our community.

### Early Learner Lunch Policy

If your child participates in the after-class enrichment please DO NOT include in their lunch any item containing nuts, peanuts, tree nuts (walnuts, almonds, hazelnuts, pistachios, cashews or Brazil nuts), or food that is packaged in a facility with nuts.

### Preschool Lunch Policy

Please DO NOT include in their lunch any item containing nuts, peanuts, tree nuts (walnuts, almonds, hazelnuts, pistachios, cashews or Brazil nuts), or food that is packaged in a facility with nuts. **MWF Preschool snacks must also be Gluten Free.**

## Birthdays & Celebrations

Please talk to your teacher prior to your helping day about any special birthday celebrations or snacks you may want to provide. All special treats need to follow the snack and lunch policy for your class.

# Approved Items for Snacks

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The following approved snack list is for your convenience and for the safety of the children. Thank you for choosing snacks from our approved snack list. In the spirit of inclusiveness and community please choose snacks that all children in your class can enjoy. Feeling like you're a part of the snack experience rather than apart makes a big difference in the lives of our children. Thank you!

## Parent-Tot & Early Learners

- Fruit: sliced fruits, bananas, dried fruits, raisins, applesauce
- Veggies: sliced carrots, celery, cucumbers, bell peppers, beans, etc.
- Dips/spreads – cream cheese, hummus or non-nut spreads
- Deli meat rollups
- Pretzels/crackers/breads that are nut free
- Nutritional cereals or cereal bars that are nut free
- Cheese, yogurt or other dairy/soy products

## Preschool - GLUTEN FREE

- Fruit: sliced fruits, bananas, dried fruits, raisins, applesauce
- Veggies: sliced carrots, celery, cucumbers, bell peppers, beans, etc.
- Dips/spreads – cream cheese, hummus or non-nut spreads
- Deli meat rollups
- Pretzels/crackers/breads that are nut and gluten free
- Nutritional cereals or cereal bars that are nut and gluten free
- Cheese, yogurt or other dairy/soy products

## SNACK ITEMS NOT ALLOWED IN ANY CLASS

- Any item containing nuts, peanuts, tree nuts (peanut butter, walnuts, almonds, hazelnuts, pistachios, cashews or Brazil nuts), or food that is packaged in a facility with nuts
- Popcorn
- Homemade items (all items for snack must be store bought)
- Candy

**Parents of a child with a food sensitivity or allergy**, please provide a backup alternative snack to be stored at school. Please label it with “Snack for [child’s name], allergy to [allergy], [child’s class], and [date to be discarded]” on the container.