



Welcome to Montessori Children's House Infant/Toddler Program 2007-2008 School Year

Toddler Lunch Guidelines

The following is a list of suggestion and guidelines for preparing your child's lunch at Montessori Children's House.

We provide...

- A peaceful and gracious setting in which manners are modeled and mealtime is a pleasant experience.
- Help opening containers: toddlers are able to open Ziploc bags and lighter Tupperware with little or no assistance
- A positive daily routine that allows the children to serve their own food, pour their milk, and wash their dishes.
- Milk is served at the end of each meal so the child can fill up on food instead of liquids.

Families provide...

- Nutritious and balanced food with no or very little salt, sugar or additives.
- Lunches that include a protein, vegetable, carbohydrate, and fruit.
- Reusable or recyclable packaging
- An ice pack for refrigerated foods. Food that can be served cold, or hot food in a thermos.

Please do not send...

- Liquid yogurts, candy, chips, or sugary juices
- Chocking hazard foods like hotdogs, nuts, raw vegetables or whole grapes

Some suggestions...

- Involve your child in choosing and packing foods. Give your toddler two healthy options "Would you like a banana or raisins in your lunch today".
- Keep portions small. Large amounts of food can be overwhelming and reduce appetites. Send enough food for seconds and the teachers will help with the portions.
- Ziploc bags are great for separating two small portions of the same food so that the child can serve all that they see. Toddlers usually want to do this.
- Cut food into smaller pieces that children can handle
- **Plan for a variety: children get bored with the same foods everyday, and may stop eating them.**