Eating At School

We try to foster a growing independence in kindergarten. Here are some things you can do to help your child eat their lunch safely, independently and efficiently.

Tip 1: Place items in containers that your child can open and close with ease.

Tip 2: Open the corner of pre-packaged foods so your child can finish opening it independently.

Tip 3: Remember that students cannot use a microwave.

Tip 4: Cut up fruit and place it into a container or start the peeling process for them on fruits such as oranges and bananas.

Tip 5: Avoid fruit cups and yogurt tubes as these are the most common hard to open items. Consider pouring these foods into easy to open containers.

Tip 6: Pack a napkin for your child to place on their desk at meal times.

Tip 7: There will be communal water bottle filling stations in or near each classroom. It is recommended that students bring a filled water bottle to school every day.

Tip 8: We encourage staff and students to reduce the amount of waste we generate at school. Please consider using bento box lunch containers, or other reusable containers to hold all of your child's food items.