

## FOOD GUIDELINES

Due to the limited time available to our students to eat lunch, we are asking that sandwiches or lunches requiring less than one minute of warming be sent to school. Food should be sent to school pre-cut and ready for your child to eat (with the exception of heating if needed). Food that has to be cooked for over one minute should be done so at home and then sent to school for a quick warming (less than 1 minute).

In addition, we would like to address concerns with foods that are a risk for choking for preschool children and students with feeding concerns. Young children are still learning how to chew well and they don't really use a grinding chewing motion as adults do. Choking can be caused by food getting lodged in the esophagus and blocking the airway or by being inhaled directly into the windpipe. Although our staff is trained to monitor proper eating technique to avoid food overstuffing, bites too big for their mouths and eating too quickly, your assistance in following our guidelines will be a great help in avoiding choking incidents.

Please review the chart below for foods that **should not** be sent to school and foods that should be specifically cut.

FOODS THAT SHOULD NOT BE SENT TO SCHOOL	FOODS WHICH NEED TO BE PRE-CUT	PREPARATION
Popcorn	Grapes	Cut into quarters
Hard candy	Raw vegetables	Cubed/bite size
Gummie snacks	String cheese	Cubed/bite size
Marshmallows	Hot dogs & sausages	Cut length wise & then sliced
Nuts	All other meats	Cubed/bite size

Keeping your child safe while in our care is our highest priority. We greatly appreciate your cooperation with the above mentioned requests.

Thank you.



Susan Pusateri, RN  
School Nurse