September 2022

**FOOD GUIDELINES**

This school year we ask that you send your children’s lunch and snacks in a brown bag, with their names clearly labeled. Lunches can be refrigerated and if needed, should require no more than one minute or less of warming. 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 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 techniques 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 THAT NEED TO BE PRE-CUT** | **PREPARATION** |
| As of September 2019, Cleary Nesconset is a Nut Safe Campus. **NO PEANUT OR NUT PRODUCTS PERMITTED**  |  |  |
| 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 |
| Peanuts/nuts of any kind  | 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.

Stephanie *C* Moore, RN
School Nurse