



Dear Parents,

It is our desire to team with you to teach and train your child in good table manners, proper eating habits, and eating self-help skills. In order to help us implement this while your child is at school we would kindly request the following:

- **Please label your child's lunch box with their first and last name.** This can include a name tag attached to the handle or zipper, name embroidery, or writing your child's name in black permanent marker.
- **Provide a spill-proof water bottle every day.** Water bottles also need to have your child's first and last name clearly labeled by the first day of school. If it is not labeled we will write your child's name on the water bottle.
*Please only send WATER to school for your child.
- **Send your child's food in a servable, microwavable container.** Lunch that needs to be heated will be served in the container that it was sent in. If you would prefer your child's food not be heated in a plastic container, please provide food pre-heated in an insulated container (i.e. Thermos FUNtainers).
- **All meals need to be prepared at home and require no more than a 1 minute heating time.** Lunchables, Easy Mac (unprepared mac-n-cheese), ramen noodles, and any other lunch or snack that requires preparation or heating for more than 1 minute, must be prepared at home and sent ready to eat.
- **Cut up fruits and vegetables** - Any fruits, such as apples, peaches or oranges, need to be peeled or cut up at home and placed in a container ready for your child to eat. If your child requires these fruits be cut into small pieces to be eaten safely, parents must do this at home.
- **Encourage healthy eating habits** - Sugary drinks (Kool-Aid, Coke, Sprite, etc.) and snacks, such as fruit roll-ups or gummies, Little Debbie type cakes, donuts, etc. should not be included for your child's morning snack or lunch. We will allow special treats such as these to be given during afternoon snack, but will not be served to children during morning snack or lunch. Occasional treats such as cupcakes may be served in celebration of a birthday.
- **Providing utensils** - If your child's snack or lunch requires a fork, please send a child-sized safety fork in his/her lunchbox due to safety protocol. Spoons are provided at school.
- **Lunch vendor program** - If you choose to participate in our vendor program, please order online and notify your child's teacher that a lunch has been ordered for them. Our preschool staff will pick up your child's lunch and bring it back to their class during their lunch time. Information and instructions regarding our vendor program are on our website.
- **Breakfast** - If your child arrives at school between 7:00-8:00 a.m. they may eat breakfast in the classroom. Breakfast foods need to be prepared in advance and ready to be eaten upon arrival. Food may not be brought into the classroom after 8:00 am for breakfast.
- **Birthday Celebrations** - We do allow special treats to celebrate birthdays. Please notify the lead teacher of what treat you are bringing so we can make arrangements for our friends with **allergies**. See your classroom policies for specifics for your child's class.

If you have any questions regarding our food policies here at The Rock Preschool, please feel free to contact me in the school office by email to jen.colon@therock.school, or call 352-331-7625 ext. 308. Thank you for joining with us to help our staff teach and train your children with quality care and excellent service.

Sincerely,

Jennifer Colón
Preschool Director