

Lunchtime: The 3 "R's"

Re-use

Re-cycle

Re-spect

Re-use:

The children need to bring their lunches in reusable containers. Plastic bags, waxed paper, foil, plastic wrap, paper towels, etc., all end up in landfill, so please send reusable containers. This sets an example for your child and aids him or her in developing earth-friendly habits from the start!

Recycle:

All uneaten food will be sent home so that you are aware of how much your child is eating. We encourage you to compost this food and discuss the composting cycle with your child so that he/she sees where his/her uneaten food goes. We have a place to recycle glass and paper, and numbers 1 and 2 plastics. For this reason, we are hoping not to see any "Lunchable" type products. We also have a compost bin for fruit peels, though we will send home any uneaten vegetable matter so that you can be aware of how much your child has eaten. If your child consistently does not eat his or her lunch, please do contact me to make me aware.

Respect:

Please involve your child in lunch preparation. This is considered part of their daily homework. Children need to see and be a part of the steps necessary to provide for their lunches. They can help plan and shop for foods they like and that are nutritious. They can also learn how to prepare their own lunch. If this is new to your family, begin small. Perhaps your child packs his or her side dishes (yogurt, fruit, etc.) and you pack the main component. If your child would like a warm lunch, please help your child to pack the dish into a thermos as microwaves are not available for heating lunches. Packing lunches the night before can help with the morning rush. The more accustomed your child becomes to making his or her lunch, the easier it will be. Keep in mind that children also need to be able to open their food containers on their own, as some food packaging isn't child friendly.

We have a policy that the children do not share food at lunch. However, if a child forgets his or her lunch, he or she will be invited to take a classroom plate and walk around to ask for lunchtime donations. The children are usually very generous and generally an adequate meal is provided from the collective effort.

Please see the Parent Handbook for additional details and suggestions.