

Lunch Guidelines

Based on our Phyllis Bodel policies and the American Academy of Pediatrics, Guidelines for Out of Home Child Care Programs

Phyllis Bodel Child Care Center does not allow these foods at any age:

- | | |
|--------------------------------|---------------------|
| Spoonfuls of peanut butter | Hard Candy |
| Mini-marshmallows/marshmallows | Popcorn |
| Nuts, seeds, peanuts | Pretzels/Chips |
| | cookies or desserts |

After the Age of 4 children may have the following food in our center:
(Not appropriate for children under 4)

- | | |
|-------------------------|----------------------------------------|
| Raw peas | Raisins/ Dried Fruit |
| Whole grapes | Raw carrots (in rounds) |
| Fish/chicken with bones | Hot dogs (whole or sliced into rounds) |
| celery | |

***** Toddlers must have meats and other “non mushy” food cut into ½ in cube size**

**** Infant food must be cut into ¼ inch cubes**

Easy ways to change foods to make them safe

Hot Dogs	Cut in quarters lengthwise, then cut into small pieces
Whole grapes	Cut in half lengthwise
Raw carrots	Cooked and cut into thin strips or chopped *Over four years old, chop carrot finely or cut into thin strips
Fish/Chicken with bones	Remove the bones

All containers (bottoms, lids, lunchboxes) must be labeled with your child’s first and last name.

Cleaning Lunchboxes: please regularly clean the inside of lunch boxes, and launder as necessary.

Food Storage: Lunchboxes are not put into a refrigerator. Please be sure to include cold packs and use thermoses to maintain appropriate food temperatures to avoid food borne illness.