



*Home and School with Christ
Faithfully serving families since 1957*

EMANUEL LUTHERAN EARLY EDUCATION CENTER

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NUTRITION AT EMANUEL

Emanuel is working towards teaching and encouraging nutritious eating habits in children. We encourage parents to only provide healthy and nutritious lunches and snacks for children to eat while they attend Emanuel.

The following is a guide to help you make healthy choices.

EXCEPTION: Of course, birthdays are the exception!!! During birthday celebrations we welcome any peanut free special treat to share with the class. At this time, we can only except store bought items.

UNHEALTHY SNACKS: If refined sugar is one of the first 3 ingredients (corn syrup, glucose, etc) then it is not a good choice to bring to school.



HEALTHY SNACKS: Natural Sugars (Fresh Fruit)



Please feel free to make an appointment if you have any questions or concerns about your child's nutrition.

Live a life worthy of the Lord....bearing fruit in every good work, growing in the knowledge of God. Col 1:10