



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

EMANUEL LUTHERAN EARLY EDUCATION CENTER

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NUTRITION AT EMANUEL



Emanuel is a "NUT FREE" school. Please do not send your child to school with anything that has nuts in its ingredients.

If you are sending in a home baked item, please mark the item on the package "Nut Free".

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.

UNHEALTHY SNACKS/LUNCH: 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.

LUNCH: Lunch box with mesh water bottle holder on side. Please put the child's name on the outside. Students must also be able to handle their own lunch/snack. Teachers will not have time to peel oranges, slice apples or heat foods. No Candy please.

DRINK CHOICE/REUSEABLE WATER BOTTLE: We prefer only water as the drink of choice. Please provide a reusable water bottle that will fit on the side of their lunch box. We will be able to refill as needed. A fillable water bottle helps with spills and is easier for the children to handle.

HEALTHY "NUT FREE" SNACKS: Natural Sugars (Fresh Fruit). 2 snacks for full day students 1 snack for half day students. Please separate your child's snacks from his/her lunch. We are asking that snacks be marked with "AM" or "PM" and with your child's name.



EXCEPTION: Of course, birthdays are the exception!!! During birthday celebrations we welcome any "Nut Free" special treat to share with the class.

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