

The Lancaster Play and Learn Center Family Handbook



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The Lancaster Play and Learn Center Family Handbook

The purpose of this handbook is to inform families of the policies and procedures of the Lancaster Play and Learn Center. Please familiarize yourself with its contents so that we can work together for the benefit of your child. If you have any questions, please feel free to contact us at any time.

The Lancaster Play and Learn Center reserves the right to change policies at any time. Families will be notified in writing of any changes.

The Lancaster Play and Learn Center
3 Cemetery Street
Lancaster, NH 03584

Phone/Fax (603) 788-4005

****** The answering machine is on at all times during the day in case we cannot make it to the phone. The machine is also available when the Center is closed. Messages are retrieved during business hours.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.)

To file a complaint of discrimination, write USDA, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD).

The Lancaster Play and Learn Center, Inc.

ADMINISTRATION

The Director is in charge of the day-to-day operations at the Center. The teachers are in charge of their individual programs. A volunteer Board of Directors governs the organization. This group meets at the Center on the first Monday of each month at 6:15 P.M. Parents are encouraged to attend the meetings and/or join the board. Any problems you have can be brought to the Director or to the Board of Directors.

LICENSING

The State of New Hampshire's Child Care Standards and Licensing Bureau, Division of Public Health Services under the Department of Health and Human Services licenses the Lancaster Play and Learn Center.

PHILOSOPHY

Our staff works toward fostering a healthy self-image in all our children. We believe that social, emotional, cognitive and physical skills form the foundation for optimal growth. We have fun at the Center by exposing the children to a wide range of activities and cultures.

MISSION

The Center's mission is to provide a safe and healthy, educational and social environment for all enrolled children.

HOURS

The Center is open year round, Monday through Friday, from 6:45 AM to 5:15 PM with the exception of major holidays listed below and up to three staff development days throughout the year.

SNOW DAYS

Our preschool program will be canceled if the SAU 36 closes due to bad weather. We will open for childcare as long as a teacher can make it to the Center. Call the Center first to see if a teacher is in. (Tel.# 788-4005).

HOLIDAYS

The Center will close on New Years Day, Memorial Day, 4th of July, Labor Day, Thanksgiving and the day after, and Christmas Day. If a holiday falls on a weekend, the Center will be closed either the Friday before or the Monday after the holiday. Please watch for notices with this information.

SMOKE-FREE ENVIRONMENT

Lancaster Play and Learn Center is dedicated to providing a healthy, comfortable and productive work and play environment for our employees and the children. It is company policy to provide a smoke-free environment for employees, the children, and visitors.

DONATIONS

Donations are always welcome. Toys, games, art and craft supplies as well as nutritious snacks are always in great demand at the Center. Please see the Director if you wish to make a donation

VISITING

We welcome all visitors. Families are encouraged to visit our Center at any time.

FIRE DRILLS

Fire drills are practiced on a regular basis.

ADMISSION POLICY

There is no discrimination as to race, color, sex, religion, ethnic group, national origin, sexual orientation, disability, or financial status. Children are accepted on a first-come, first-served basis, with full-time spaces filled before part-time according to availability.

The following must be completed before your child can attend.

- Up to date immunization record
- Registration form
- Tuition contract (if you change your child's schedule a new contract will need to be signed)
- Registration fee paid

The following must be returned ASAP or within 30 days of enrollment.

- Health form, completed and signed by physician (must be updated annually)
- Food Form (application form must be updated annually)
- Permission Form

If space is unavailable, or if you postpone your child's enrollment, you must ask to be put on a waiting list.

PAYMENT POLICY-(CHILD CARE)

Please see your tuition contract for the child care payment policy.

PAYMENT POLICY-(PRESCHOOL ONLY)

The tuition for preschool only is due on the first Friday of each month (September-June). Tuition will be expected whether your child attends or not. No exceptions will be made for absences.

FUNDRAISING

It is every parent's responsibility to participate in fundraising events during the school year. The Lancaster Play and Learn Center is a non-profit organization and cannot operate on tuition alone. We need your energy and support on our projects. We welcome new ideas for fundraising events.

WITHDRAWAL

If a child will be leaving the Center, we require two weeks notice. If a two week notice is not given, you will be charged two weeks tuition. If a child is absent for 5 consecutive days without parent notification, we may fill his/her space.

NOTICE: If you withdraw your child(ren) and then wish to re-enroll your child(ren) sometime in the future, **ALL** overdue tuition fees must be paid in full.

ABOUT THE PROGRAMS

The Center is open year round for full and part-time child care for children ages six weeks through seven years. The Preschool program follows the SAU 36 White Mountain Regional School District calendar except for the closing date.

The Infant Program serves children between the ages of 6 weeks and 18 months. Each infant is assigned his or her own playpen. We ask that you bring a blanket from home for your child. This blanket must be taken home at the end of each week for washing and returned the following week. Some families find it helpful to bring in a clean blanket before taking the dirty one home so they do not forget to return a clean one. Non-breakable bottles are required for all babies. Parents are responsible for providing diapers, wipes, and additional clothing. The babies are not allowed to walk around with their bottles. Once a baby reaches 16 months he or she begins to spend a little time each day socializing with the toddlers and by 18 months he or she is usually ready to join the toddler program.

The Toddler Program serves children between 18 months and 3 years. The room is designed to meet the individual needs of each child. The rooms are arranged into areas for play that fosters the child's needs for social, emotional, physical, cognitive, creative, and healthy development. Children are helped to learn basic self-help skills each day, such as self-feeding, dressing, toileting, washing hands, blowing one's nose, and disposing of trash correctly. Every toddler is assigned to his/her own mat for rest time. We ask that you bring a blanket from home for your child. This blanket must be taken home at the end of each week for washing and returned the following week. Some families find it helpful to bring in a clean blanket before taking the dirty one home so they do not forget to return a clean one. Children are not given their pacifiers during playtime, just during rest if needed. Toddlers still in diapers will need to have an adequate supply of disposable diapers and wipes as well as a change of clothes.

The Preschool Program serves children from 3 through 7 years. The Preschool Program runs from 8:30 A.M. to 11:00 A.M. Preschool children must be at least three years old and toilet trained. Children enrolled for childcare participate in this program. Parents wishing to enroll their child for preschool only may do so if space is available. The curriculum allows each child to experience the excitement of group projects. Children are helped to perfect all their natural tools for learning and cultivate their own natural desire to learn. Teachers at the preschool strive toward fostering the child's social, emotional, cognitive, language, physical, aesthetic, and creative development, and accomplishment of basic living skills. The main focus however, is to foster a positive self-esteem in each child, and to help children learn acceptable social skills. Each child is assigned to his/her own mat for rest time. We ask that you bring a blanket from home for your child (and a small pillow if your child uses one). This blanket must be taken home at the end of each week for washing and returned the following week. Some families find it helpful to bring in a clean blanket before taking the dirty one home so they do not forget to return a clean one.

We also have a large fenced-in outdoor play area consisting of a sandbox, climbers and a variety of outdoor toys.

The After-School Program serves school-age children through the age of seven. This program offers care for children after school when space is available.

Other Area Programs – We have found this it is very disruptive to our program to offer childcare before and after other preschool programs. Therefore, we are not able to accept children for childcare who are enrolled in other area programs. *On a space availability basis, we will accept children enrolled in other area programs on the days they do not attend the other program.*

SOCIAL, EMOTIONAL, AND PHYSICAL NEEDS

Social development is emphasized during all facets of our programs. Opportunities for social enrichment and environmental awareness are many and varied and include community visits. Peer relationships are encouraged and developed. The children are encouraged to respect others, assume responsibility and participate in group activities.

Development of positive self-esteem is essential to healthy emotional development and we provide many opportunities for personal accomplishment and praise.

Carefully planned and supervised physical activity, stressing the fine and gross motor skills, assures the progress in the areas of strength and coordination.

TOILET LEARNING

Please provide disposable diapers for your child if he/she is not trained and at least one refill pack of wipes each month. We will work with you to help toilet-train your child. Please take time to discuss this with your child's teachers, as consistency is important. Accidents do happen, so if your child is newly trained please send in extra sets of clothing. Your child must be toilet-trained before attending our preschool program.

PROGRAM POLICIES

ABSENCES

Our telephone number is **(603) 788-4005**. You must notify us if your child will not be in the Center. We need to know this in order to plan our staffing, programs, breakfast and snacks. We are concerned when children are scheduled for the day and do not arrive.

ADJUSTING TO THE CENTER

To create a smooth transition from home to the center, it is highly recommended that you visit the Center with your child prior to the first day of regular attendance. It is also very important for you to encourage them to look forward to their new experience and to assure them that all needs will be provided. When dropping off your child, do not be dissuaded or delayed by crying (yours or your child's). Leave quickly after assuring your child you will return; he or she will soon become involved in play and activities and have a happy day.

TOYS FROM HOME

When a child is transitioning from home to school, we allow certain comfort items, such as stuffed animals, a favorite doll, or a book. Once the child has successfully transitioned however,

we ask that you do not allow him/her to bring in toys and items from home. A show and tell day is scheduled each week for the preschoolers. On these days children are encouraged to bring in something to share. Please put show and tell items in a bag with your child's name on the outside. War toys and other toys of destruction are never allowed in either classroom (guns, swords, Power Rangers, etc).

DROP-OFF

It is most important that your child arrive on time for his or her program. Please bring your child in and if necessary help your child take off his or her outdoor clothing. **Please escort your child to the classroom, see that he/she is in the care of their teacher, and that you sign your child in when you arrive.**

PICK-UP

Please pick up your child promptly when your child's program ends or when your child is scheduled to leave if enrolled for childcare. The Center must be notified if anyone other than the parent is picking up a child. We would prefer to have this in writing rather than a phone call. Please keep your alternate pick-up people current on your child's registration form. We cannot release your child to any unauthorized person. **Please remember to sign your child or children out as you leave the Center.** Please take your child's artwork and papers home on a daily basis.

BREAKFAST

We provide a nutritious breakfast each day at 8:00 AM that follow the USDA guidelines.

{In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-6382 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.}

LUNCH

All children bring their own lunches, including drinks which are served at 11:00 AM. The State recommends and we ask that they have a healthy lunch. A healthy lunch consists of milk or water, meat or meat alternate, 2 servings of fruit and/or vegetable and a bread or bread alternate. Examples of meat alternates are cheese, peanut butter, yogurt, eggs, beans, and soy products. Examples of bread alternates are crackers, cereal, pasta and rice. **Please, no soda, candy, gum or junk food.** (See attached lunch box suggestions.)

SNACKS

We have an afternoon snack each day at 2:00 PM. We always accept donations of snack items. It gives your child a nice feeling to be able to share with his or her friends.

HOLIDAY/BIRTHDAY CELEBRATIONS

Our philosophy concerning special occasions and holidays is that of simplicity. Before sending in cards, gifts, or costumes, please check with your child's teacher about plans for the room. We try to celebrate each child in a special way each day. You may send in a special snack on the occasion of your child's birthday, however, we prefer it to be a nutritious snack. Please discuss this with your child's teacher(s). **The Center has a no balloon policy as a safety precaution.**

CLOTHING

Children must have extra sets of clothing on hand while at the Center. This includes shirts, pants, underwear, and socks. Check your child's hook daily to see if spare clothes were used and need replacing. For cold or inclement weather, children need warm clothing to wear during outdoor activities, including a warm jacket, boots, hat, mittens or gloves, and snow pants in winter. Infants and toddlers need a supply of disposable diapers and wipes on hand, and any cream or lotion you want us to apply. Toddlers who are "in training" may need more than two sets of clothing on hand. Please take time to discuss this with your child's teacher, as consistency is important. Your child must be toilet trained before attending the preschool program. We recommend for older toddlers who are trained, and for preschoolers, to be allowed to wear clothing that can be handled independently. Pants with elastic waists are easy to pull up and down. Belts, snaps, zippers, etc., do not promote independence in a child who is learning to use the toilet on his/her own.

LABELS

PLEASE write your child's name on his/her belongings. It makes it easier for the teacher and your child. Please don't forget to label the outside of your child's lunchbox. The children do get upset if someone else is eating their lunch because they have identical lunch boxes.

SCHOOL VACATION WEEKS

During the school vacation weeks (Christmas, February, and April) the Center will open for childcare only (no preschool program). The Center may be closed during the week after Christmas, depending on enrollment. If the Center is closed during the week after Christmas, we will not bill parents for the times that the Center is closed.

CAR SAFETY

For the safety of all, you must turn off your ignition when bringing your child into the Center or when you are picking them up. You may not leave your child unattended in the car. It only takes a matter of seconds for an accident to occur. Also remember, it is a State Law that you buckle your children in appropriate car seats in the back seat of your car. Also, please be aware if we smell alcohol on your breath, we will call an alternate on your list to pick up your child.

CHILD ABUSE

In accordance with **NH Law 169:38**, staff members are mandated to report all suspected cases of child abuse or neglect to (**DCYF**). The Director will also notify the parents that day and inform them of the situation. **Confidentiality will be maintained.**

DISCIPLINE AND BEHAVIOR

The aim of the Center is in keeping with our mission and philosophy of providing a safe environment and enhancing a child's positive self-image. We firmly believe that dealing positively with children in a consistent manner is most effective. It is a way for children to learn self-control, limits and boundaries and increase their self-esteem. When discipline is necessary, never, under any circumstances, do we allow corporal punishment or degrading language.

Classroom rules and regulations are vital to the well being of the classroom atmosphere. Short “think about it” are commonly used for the child who has become over stimulated, excited, disruptive, or harmful to the other children. Diversion, redirection and separation from activities are other methods used. The staff may not follow discipline methods used at home if it is contrary to our policy and procedures.

A child unable to respond in a positive manner to the guidelines and discipline techniques followed at the center, or who consistently jeopardizes the safety of others, risks dismissal from the program.

CLASSROOM AND PLAYGROUND RULES

PRESCHOOL CLASSROOM RULES

- Use walking feet.
- Nice touches.
- Remain sitting while eating.
- Respect privacy. Cubbies are personal space.
- The quiet house is a place for 1 person to sit quietly away from others.
- Use indoor voices.
- Be a good listener. One person talking at a time
- Remember to take turns with others.
- We are all friends at Preschool!
- Be kind to others.
- Handle books gently.
- NO weapons at school.
- The book corner is a quiet area.
- Please no toys from home (except on show & tell days)

TODDLER CLASSROOM RULES

- Use inside voices
- Nice touches
- Use walking feet
- No biting
- Be gentle with toys
- Try to use your words
- The teacher’s chairs are for teachers

PLAYGROUND RULES

- Gates and doors are for adults
- Nice touches
- Play safe
- HAVE FUN!

Health Policy

A health form completed by a licensed physician must be submitted before a child's entrance into the program. **It is the parents' responsibility to maintain up-to-date registration and health forms for the children.** Please notify the Center in writing if there are any changes in your child's medical status, such as the development of allergies or receiving an immunization.

Children attending the program are expected to be able to participate comfortably in all components of the program, both indoors and outdoors.

It is assumed that children attending the Center will be able to eat the foods provided for breakfast and snack. **Please notify your child's teacher and/or Director in writing if there are certain foods your child cannot eat because of medical, religious, or cultural reasons.** If a child needs to follow a special diet for medical reasons, please provide a note from your doctor giving details of the foods to be avoided.

Our goal is to take the children outside everyday, unless there is severe weather. The general rule is that if a child is well enough to attend the Center, he/she is well enough to go outside.

WHEN TO KEEP YOUR CHILD HOME

If your child has been ill with a fever, vomiting, or diarrhea, please keep him/her at home for at least one full day (24 hours) to allow time for a full recovery. Similarly, if a child complains of feeling ill during the night, it is probably not a good idea to bring that child to the Center the next day. Children who are on medication may attend the Center if the child's physician approves. **Generally, it is a good idea for children to have been on medication for at least 24 hours before returning to the Center.**

If a child has been exposed to a communicable disease, the Center should be notified at once. If appropriate, the Center will notify the parents of all children known to have been exposed during attendance at the program. Children who are ill with a communicable disease should be kept home until they are no longer contagious. Exclusion policies are specific to the various infectious diseases. All exclusion policies are consistent with the state recommendations and with the standards of the Centers for Disease Control, the American Academy of Pediatrics, and the American Public Health Association.

Children who have head lice or nits must be treated and *all nits removed* before returning to the Center. We have to maintain a firm "no-nits" policy in order to keep head lice from spreading, and we do make periodic informal checks for lice if we hear of local cases or if a child appears to be showing symptoms. If a child has been sent home with lice or nits, he/she may not return until we confirm through a visual check that all the lice and nits have been removed.

In the event that your child suffers an accident or injury requiring medical care, or has surgery, we would appreciate your talking with us before he/she returns to the Center so that we can be sure that we follow the physician's advice regarding your child's diet, participation in activities, etc.

Criteria for Excluding an Ill or Infected Child from an Early Childhood Program
Exclude children and adults with these illnesses or symptoms:

Temperature: auxiliary (armpit) temperature 100 degrees or greater, oral temperature 101 degrees or greater, rectal temperature 102 degrees or greater, accompanied by behavior changes or other signs or symptoms of illness, until medical evaluation indicates inclusion in the facility or until child has been fever-free for 24 hours.

Signs of possible severe illnesses: unusual lethargy, irritability, persistent crying, difficult breathing, wheezing, and uncontrolled coughing

Uncontrolled diarrhea: defined as an increased number of stools compared with the child's normal pattern, with increased stool water and/or decreased form that is not contained by the diaper or toilet use.

Vomiting: two or more times in the previous 24 hours

Rash: with fever or behavior change until a physician has determined the illness not to be a communicable disease.

Purulent Conjunctivitis: defined as pink or red conjunctiva with white or yellow eye discharge, often with matted eyelids after sleep, and including a child with eye pain or redness of the eyelids or skin surrounding the eye, until examined by a healthcare provider and approved for re-admission, with or without treatment.

Infestation: (e.g., scabies), until treatment has been

Tuberculosis: until the child's physician or local health department authority states the child is noninfectious

Impetigo: until 24 hours after treatment was begun

Streptococcal Pharyngitis/Strep Throat: until 24 hours after treatment has been initiated, and until the child has been fever free for 24 hours

Ringworm Infection: until 24 hours after treatment was begun

Varicella/Chicken Pox: until 6 days after onset of rash and until lesions have dried and crusted

Shingles: only if sores cannot be covered by clothing or a dressing, until the sores have crusted

Pertussis/Whooping Cough: which is laboratory confirmed, or suspected based on symptoms of the illness, or suspected because of cough onset within 14 days after having face-to-face contact with a laboratory-confirmed case of pertussis in a household or classroom, until 5 days of appropriate chemoprophylaxis (currently erythromycin) has been completed

Mumps: until 9 days after onset of swelling

Hepatitis A Virus Infection: until 1 week after onset of illness or until after immune serum globulin has been given to appropriate children and staff in the program, as directed by a the responsible health department

Measles: until at least 4 days after the rash appears

Rubella: until 7 days after the rash appears

Source: American Academy of Pediatrics, & American Public Health Association. (1992). Caring for our child-National health and safety performance standards: Guidelines for out-of-home child care programs.

WHEN A CHILD BECOMES ILL AT THE CENTER

The staff checks the general health of each child daily. **Children may not come to the Center when they are ill.** The Center is not equipped to provide the kind of one-on-one care that sick children require. **Although we make every effort to keep children at the Center during scheduled working hours, there are occasions when children become ill and need to be sent home.** Children who have a fever, have diarrhea, or who are vomiting and show other signs of illness are not permitted to attend the program and will be sent home. A child developing a rash will generally be sent home until the nature of the rash is determined.

Parents will be notified if their child becomes ill during the program day. Parents must make arrangements for sick children to be picked up as soon as possible. We will try all possible numbers to reach the child's parents or guardians first. If we have been unable to reach the family after one-half hour, we will notify the emergency contacts on the list. If the situation is an emergency, this will happen immediately.

In cases where parents share custody, we will need clear instructions as to which parent or designated contact person to call in case of an illness or emergency.

The decision to send a child home because of illness is not taken lightly at the Center. Staff members know first hand of the inconvenience of having to leave work if a child is ill. We ask you to understand that your child will be sent home only if we consider it absolutely necessary. We appreciate your cooperation in responding to our calls and arriving promptly to pick up your sick child.

ACCIDENTS OR INJURIES

Children are actively engaged in play during their day at the Center, and minor accidents and injuries do occasionally occur. All staff members who work directly with the children are trained in First Aid and CPR. In the event of a minor accident or injury, a teacher trained in First Aid will immediately attend to the injured child. At the end of the day, parents will receive a report stating when and how the accident occurred, who witnessed it, and how the child was treated. Parents will be asked to sign the report to indicate their satisfaction with the treatment. A copy of the report can be made for the parent, **but the original must remain at the Center.**

More serious accidents or injuries are rare occurrences at the Center. We strive to maintain a safe environment in which children are closely supervised. In the rare event of a more serious

accident, we will attempt to notify you immediately. If you cannot be reached, we will attempt to notify your emergency contacts. If necessary, the child will be transported to Weeks Medical Center (unless other wise indicated on your child's emergency forms) in an ambulance, accompanied by a staff member.

<p>IMPORTANT: If you will not be at your usual phone number during the day, please let the office know where you can be contacted if necessary.</p>
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MEDICATION

The Center administers medication as a courtesy to families. We are willing to give a mid day dose if needed. Therefore, medications that are only required 1-2 times each day should be given at home.

Medication to be administered at the Center MUST be in the original container, properly labeled with the child's name, the name of the medication, and the dosage. Please give all medications to the teacher when you come in. **DO NOT** put it in your child's lunch box. The Center cannot dispense medication dosages above the recommended amount on the label without a doctor's written authorization.

Parents are responsible for filling out an "Authorization to Administer Medication" form, available from the office.

AUXILIARY SERVICES

NEWSLETTERS

A newsletter will appear regularly. Look for it!!!

PARENT BULLETIN BOARD

Located in the front room, the bulletin board is your way to find out what we're up to. It is important to check it when you come in. Also, check the classroom bulletin boards each day. Individual notices will be put in mailboxes.

PRESCHOOL SCREENING

Preschool screenings are held each spring at the elementary schools. A notice of dates will be sent home. It is your responsibility to schedule an appointment for your child and to take him/her to the screening. It is important that your child attend this screening before he/she enters kindergarten.

Division of Public Health Services

Bureau of Child Care Standards & Licensing
Health and Human Services
6 Hazen Drive
Concord, NH 03301
1-800-852-3345, ext. 4624

NUTRITION

Child must bring a nutritious and substantial lunch every day, consisting of non-sugared beverages, bread, protein, dairy, vegetables, and fruits.

SUGGESTED LUNCHBOX IDEAS

BREADS

Pita Bread Whole Grain Bran Bread Egg Bread Pumpernickel Rice Cakes
Bagels Norwegian Flatbread Crackers Matzo English Muffin Flour Tortillas
Leftover Pancakes

SANDWICH FILLINGS

Egg Salad (with variations of raisins, green peppers, grated carrot, chicken, celery, etc.)
Tuna Salad (with the above variations or unsalted peanuts, chopped apple, cottage cheese, etc.)
Chicken or Turkey Salad/Tossed Salad with Salad Dressing in Pita.
Meatloaf
Peanut Butter (with raisins, nuts, sliced apple, shredded carrots, banana, chopped prunes)
Cheese (unprocessed, with Chopped Nuts and Salad Dressing, Crushed Pineapple, Fried Egg, and any Raw Vegetable).
Sprouts/Lettuce or Spinach
Cucumber/Tomato/Green Pepper or Guacamole

FRUITS

Grapefruit Oranges Apples (Sprinkle w/Cinnamon) Pears Grapes
Bananas Peaches Plums Melons (Honeydew, Casaba, Watermelon, Cantaloupe)
Pineapple Fresh Cherries Raisins Apricots Prunes
Berries (Strawberries, Blueberries, Raspberries) Water packed Can Fruit
Unsweetened Applesauce

VEGETABLES

Carrots Green Peppers Cherry or Chunked Tomatoes Cucumbers
Mushrooms Lettuce Beans Peas Broccoli Cauliflower Celery Cabbage

DIPS

Yogurt and Spice Peanut Butter Salad Dressings

FINGER FOODS

Cottage Cheese
Cheese Chunks, Yogurt with fresh fruit

Walnuts, Unsalted Peanuts, Almonds. Sunflower Seeds, Pumpkin Seeds
Low Salt Crackers
Popcorn (unbuttered/unsalted)
Low Salt Soups, Meat Chunks
Peanut Butter Balls rolled in crushed nuts and coconut
Bite size shredded wheat, Jell-O made with real fruit juices
Raisins, Dried Fruits, celery with peanut butter or cream cheese and raisins

BEVERAGES

MILK is recommended by the State beverage to be included in a lunch box

Unsweetened Fruit Juices

Tomato Juice

Water

V8 Juice

Kefir=liquid yogurt

Unfiltered Apple Juice

Please Avoid: Punches, Kool-Aid and Nectars as they are mostly Sugar and Water

DESSERTS

See Fruits!!!

Cookies with Low Sugar, Low Salt and Low Fat

Fruit Breads (Apple, Raisin, Banana, Zucchini, Pumpkin, etc.)

Muffins (Low Sugar)

Fruit Salads

Yogurt (with fresh fruit)

***We strongly recommend that you avoid sending children under the age of three with popcorn or nuts. It is also wise when using peanut butter, to spread it thin. Avoid large gobs, which can easily become lodged in the throat and are almost impossible to expel.**

Date: _____

I, _____, have read and understand
the Lancaster Play and Learn Family Handbook and
Orientation Letter.

Signature