



NANAIMO LADYSMITH
PUBLIC SCHOOLS

What is for Lunch and Snack?



Dear Families,

Children can learn that there are many types of food in the world. It is important that you send the food that your child and family enjoy at home. Families can talk to their children about different foods families may eat. Eating together is a fabulous way for a class to talk about food, kindness, and trying new things. Knowing about families' similarities and differences is part of the Kindergarten Curriculum. This booklet is to support all families coming to K to know that there could be different foods that a child may see or smell when they come to school.



It's ok to say and ask "I have never seen that before. What is it?"

All children should feel welcome to bring food they enjoy and are familiar with. Let your teacher know if you have any questions. We are happy to help.

What is Your Meal Time Role?

When parents/caregivers and schools do their job with feeding, children can do their job with eating.

Parent/Caregiver Decides

WHAT



School Decides

WHEN



WHERE



Student Decides

WHETHER



HOW MUCH



Ways to Bring a Lunch

Lunch kit to hold everything



Thermos

Bento Box

Paper Bag



Ways to Pack Food



Ziploc Bags



Saran Wrap



Wax Paper



Plastic
Container
with a Lid



Bees Wax
Wrap



Prepackaged
Snacks

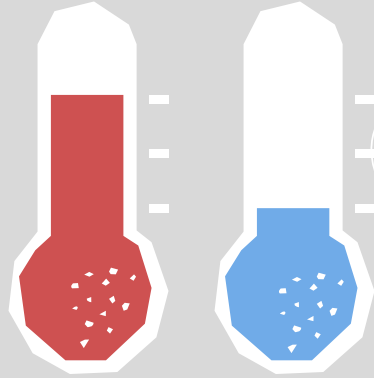


Metal container
with Lid



Divided container

How to Keep Food Hot or Cold



Thermos



Freezer Ice Packs

Ways People Eat



Spoon / Fork



Chopsticks



Fingers



Toothpicks

Bring a Refillable Water Bottle



Drinking Fountain

Examples of a Packed Lunch



There may be a
‘hot lunch day’.

Families can choose to
order and pay for it.



Visit Nanaimo Ladysmith
Public Schools Website
'Coming to Kindergarten'
for more information about
starting Kindergarten

www.sd68.bc.ca/kindergarten-students



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