



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.

Ways to Bring a Lunch

Lunch kit to hold everything



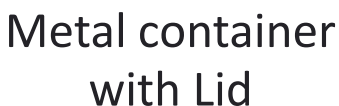
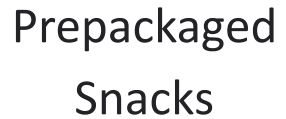
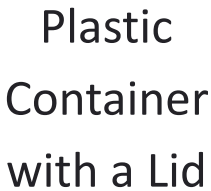
Thermos

Bento Box

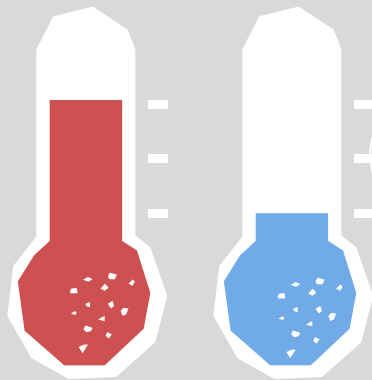
Paper Bag



A hand holding a burrito filled with rice, beans, and vegetables, set against a green and white background with abstract shapes.



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

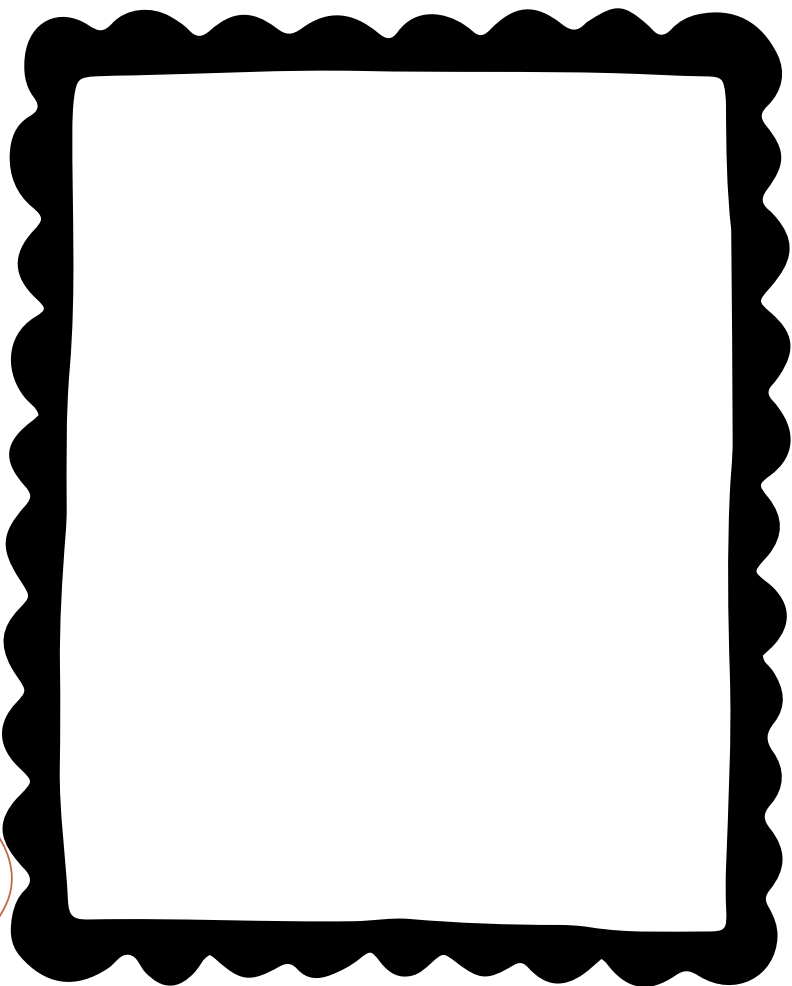


There may be a
‘hot lunch day’.

Families can choose to
order and pay for it.



Draw a picture of
what you like to
eat at school.



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



www.sd68.bc.ca/kindergarten-students



Funding for Strengthening Early
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