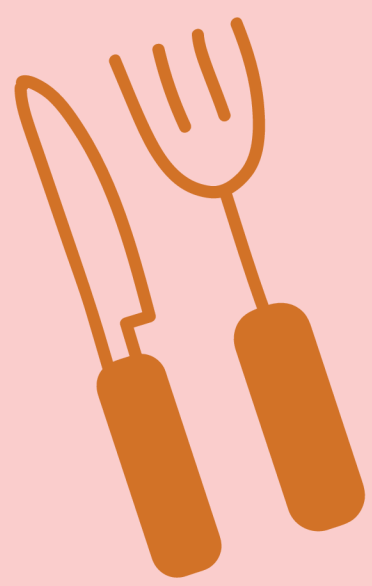




LUNCH TIPS FOR KINDEGARTEN



Starting kindergarten often means eating lunch independently for the first time. A little practice at home can make lunchtime much less stressful and help children have enough time to eat.

- Practice opening lunch items at home
- Open and close lunch containers several times before school starts.
- Practice peeling back yogurt, applesauce, or fruit cup lids.
- Have your child unwrap granola bars, crackers, fruit snacks, and sandwiches.
- Let them practice opening juice boxes, water bottles, and milk cartons (if they'll be using them).
- Practice a "mock lunch"
- Set a timer for 20-25 minutes and have your child:
 - Open everything independently.
 - Eat their lunch.
 - Clean up and pack everything back into their lunch box.
- A few practice lunches at home before the first day can build confidence and help your child spend more time eating and less time struggling with their lunch.

