



Snack and Lunch Policy

It is the desire of Giving Tree Early Learning to have a snack/lunch policy that is sensitive to the different needs of our community. We have researched many schools around the country and have found the following to be normative practices for those who serve the spectrum of the Jewish and general community. Families will send both snacks and lunch to school for their child. Paper goods will not be provided, so students will need to arrive with everything they need to eat lunch. Additionally, each student will need to bring a filled water bottle each day. Classrooms have water filters on their sinks to refill water bottles as needed. Refrigeration is required for all lunches and foods cannot be reheated. All lunches need to be packed appropriately in lunch boxes labeled with the child's name. Snacks should be packed separately in the child's backpack each day as these remain in the classroom.

What is permitted to bring for lunch and snacks?

Snacks:

Both morning (9:30 AM) and afternoon snacks (2:30 PM) must contain two components (dairy/protein, grain, fruit or vegetable) per State licensing.

After Care: For children staying past 3:30, parents may elect to send in an additional fruit/veggie or kosher certified pre-packaged snacks such as graham crackers or Cheezits.

Lunch:

Lunch (11:30 AM) must contain four components (dairy/protein, grain, fruit and vegetable) per State licensing.

- All hechshered (kosher certified) dairy foods such as yogurt and cheese
- Kosher certified foods that are pareve (neither dairy or meat) including premade salsas, canned beans, hummus, guacamole, crackers, lox, bread, bagels etc.
- Nut butter alternatives such as sunbutter (sunflower seeds) and soy nut butter
- Canned fish that have fins and scales like tuna, salmon or white fish.
- Side items such as fruits, veggies, chips and other kosher certified snack items.
- Hard boiled eggs cooked at home are permissible.
- Water, milk, milk-alternatives and juice are the only permitted beverages. Early Childhood students will be served milk with lunch daily. (This excludes medical exemptions)
- Premade kosher certified items (see resource list for ideas) may be reheated in a microwave, toaster or toaster oven with foil lined tray **before** sending to school.

- NO FOOD SHARING WILL BE ALLOWED

What is not permitted?

- Any meat, including luncheon meats are prohibited.
- Items cooked at home on the stove or oven excluding hard boiled eggs
- **ALL NUTS.** (items made in a nut facility are permissible, while items that may contain nuts are not)
- No sports drinks, sodas or teas are allowed.
- Avoid sending cakes, fruit snacks, candies, donuts or cookies (graham and animal crackers are okay) as they cannot be served to the children during the school day. For healthy treat options, please email aminzlaff@hhai.org.

For purchase options:

- The KC Kosher Co-op! Looking to find additional food options? Then visit the website below and select Indianapolis to sign up. Items are ordered by the case and the next order is in early August.
 - <https://kckoshercoop.com/>

Where can I find more information?

- Need help finding a food that is kosher certified? Visit <https://www.ok.org/> to conduct a product search.
- Have a question about whether a kosher symbol is acceptable? Visit https://www.crcweb.org/agency_list.php
- Need help with menu ideas? Try mixing and matching proteins, grains, fruits and veggies using our helpful resource list found on our website.
- Where can I find kosher products? Good news! Many of the items you already eat are certified kosher. Kroger, Trader Joes, Carmel Market District, Costco, GFS, Target, Walmart and Meijer all carry kosher products.
- Don't be afraid to ask questions! We are a community family here to support each other. Feel free to reach out to your teacher, friends and administration for more tips, ideas and solutions.