

# KENTUCKY STANDARDS FOR PACKING A HEALTHY LUNCH



At FCC Preschool, we strive to offer nutritious breakfast and snack food options for our students and want to consistently provide them with the healthiest options possible. We realize that packing a healthy lunch for your children every day isn't always as easy as it sounds, so we want to provide you with information that can help you make sure your kids are getting the proper nutrients to optimize their learning and growth at all levels of their development. Although we don't serve lunch, per Kentucky Child Care Standards of Practice for Licensed Providers (922 KAR 2:120. Section 9. Food and Meal Requirements), we are still required to make sure that each student's lunch contain each of the following components:

1. **One (1) serving of milk/dairy;**
2. **One (1) serving of protein;**
3. **One (1) serving of whole-grain; AND**
4. **Two (2) servings of different vegetables; OR  
One (1) serving of a fruit and one (1) serving of a vegetable**

*\*Please note the following: 1) We offer milk to each child during meals and snacks, so it isn't necessary for you to pack milk each day, 2) If your child's lunch does not contain the required components, we must provide them with said component and/or offer substitutions, & 3) Please avoid packing high-fat, sweet, and/or salty snacks such as chips and cookies.*

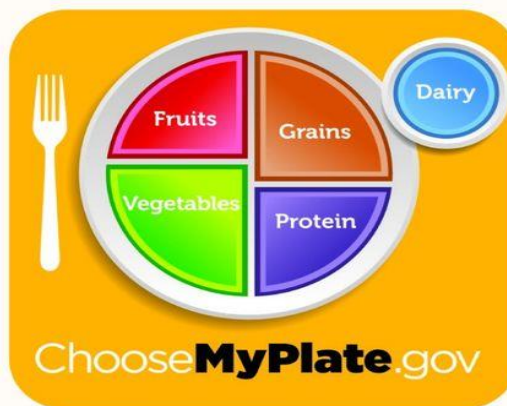
**PLEASE NOTE: Children under the age of four cannot have POPCORN, GUMMIES, OR MARSHMALLOWS as it poses an increased risk for choking.**

The following chart offers you with some options that might better help you give your child several healthy options for lunch:

## Pack Smart!

Help your kids stay healthy and focused in school—pack them a nutritious lunch. Each lunch should be about  $\frac{1}{2}$  Fruits and Vegetables,  $\frac{1}{4}$  Grain, and  $\frac{1}{4}$  Protein with one serving of Dairy.

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients like the ones below and let kids help with preparation!



Fruits	Vegetables	Grains	Protein	Dairy
Go easy on juice and make sure it's 100%.	Use dark green and orange veggies.	Make half of the grains whole grain.	Use low-sodium, lean or lowfat meats.	Choose lowfat or fat-free dairy.
Apple Orange Pear Peaches Grapes Melon Dried Fruit	Broccoli Carrots Cauliflower Red Peppers Zucchini Broccoli Cucumber	Whole Wheat Bread Pita Bread Brown Rice Cereal Pasta Salad Sunflower Seeds	Chicken Turkey Fish Nuts Seeds Peas Beans	Yogurt Milk Cheese  <small>TIP Mix yogurt with cinnamon or garlic to make a delicious dip for fruits or veggies!</small>

Source: U. S. Department of Agriculture