

# DEAR FAMILIES

when your child comes to school we will be opening many things that are packed for lunch and snack

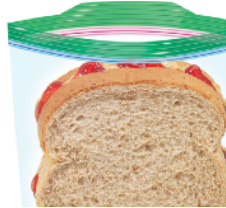
**PLEASE have your child practice opening items by themselves**

## These are items that are **EASIER** to open

(and if we have to help we will not be putting our hands near parts that will go in their mouth)



Bentgo Boxes/Tupperware



Ziplock Bags



Twist Lid Snacks

## These are items that are **HARDER** to open

(if you send these PLEASE have your child practice opening it. If they cannot open it please open at home and send in an easy open container or ziplock bag)



Juice Boxes



Lunchables/  
Similar Meals



Yogurt Tubes



Fruit Cups



Cheese Sticks/  
Beef Jerky Sticks



Bars

**SIMPLY PUT:** Please try to send all food in easy open containers.

**Water Bottles** - Flip Top Water Bottles with Covered Mouth Pieces are requested!



"Thermos" and "Contigo" make great bottles for kids that are covered, easy to open and come in lots of designs!



Easy-Open lunches mean less time waiting with their hand up for an adult to open their items which means more time eating & less germs (though our hands will be washed and disinfected!)