

Your child will need the following items when attending Daycare (Please **clearly label everything** with your child's name):

1. 2 photographs 5cm x 7cm (passport size)
2. Change of clothes
3. Inside shoes or slippers
4. Lunch –**see below**
5. Cut fruit for snack time
6. Extra snack for afternoon
7. Blanket
8. Fitted sheet (nap time mats measure 22 x 48 or 55cm x 121 cm- no large bed sheets please)
9. Large pillow case to hold blanket and sheet
10. Diapers and wipes if needed

LUNCH GUIDELINES

Please bring your child's lunch that includes a nutritious balanced meal. To ensure that your child is able to finish his/her lunch, it is a good idea to listen to his input regarding the contents and the quantity they eat. It is our policy that we send home the left over food so parents can monitor their intake food.

Lunch box must include:

- An ice pack (two ice packs will be even better) to make sure that the food items stay fresh
- Cutlery – please don't send any special or expensive items
- All containers and cutlery must be clearly labeled
- Insulated and Microwave safe containers (including soup containers) to makes sure it stays warm by lunch time or if reheating is requested.
- Safe water bottle. We found drinking bottles that are leaking or not fully closed that drip and wet the whole lunch box

Please do not include:

- **PEANUTES** and **ALL OTHER NUTS** (e.g. tree nuts, cashews, hazelnuts, almonds, etc.)
Candies, chocolate, or any sugar laden items, etc.
"Cup of Noodles" or "Instant Macaroni" and other foods that take a long time to heat
- Processed, pre-packaged foods are **highly discouraged**