



A Gym Tale's Preschool Eating instructions

Child's name: \_\_\_\_\_

Date: \_\_\_\_\_

For health and safety reasons I will insure my child's water bottle, lunch bag, and containers will be labelled with my child's name.

I will send an ice pack (or similar tool) to keep my child's food at a safe temperature.

**Here are some notes about my child:**

My child has the following food allergies/ dietary restrictions

Special instructions for my child's snack time

I will be responsible to provide a healthy snack for my child, while they attend A Gym Tale's Preschool program.

At home my child eats

- At the table
- With electronic screen time
- In a high chair

My child may need help in the following areas

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_