

TIGGER'S TOO Multi-Age Playschool

7577 Wallace Drive
Saanichton, BC

Tigger's invites your children to join us on a journey to learn, laugh and play in a loving and protected environment.
"Learning through play and discovery".

Tigger's is a Licensed Childcare Center, with a team of E.C.E. and committed staff.



MISSION STATEMENT

At "TIGGER'S TOO" we provide a Christian environment that is safe, loving, healthy, nurturing, educational and fun. Children grow and learn at their own creative pace and discover the true "**Heart**" of being a child. "TIGGER'S TOO" is committed to quality care and the building of healthy families.



Undertheumbrellainc1161@gmail.com
www.childcare4u.ca
Cell# 250-818-7677

Tigger's was established in 1990 as a family daycare. With the growth and the demand of parents needing quality care, **Tigger's** grew into a group daycare and preschool in the Victoria location! We now have **Tigger's Too Playschool & Tigger's Too Multi-Age Playschool**.

Tigger's Too offers care for children between 16mos to 5years old in a loving, safe environment where children take part in activities such as art, singing, puppets, storytelling, play learning, music, swimming, gymnastics, field trips, and much more.

MISSION STATEMENT

At **Tigger's Too** we provide a Christian environment that is safe, loving, healthy, nurturing, educational, and fun. Children can grow and learn at their own creative pace and discover the true heart of being a child. **Tigger's Too** is committed to quality care and the building of healthy families.



Tigger's Too Multi-Age Playschool

7577 Wallace Drive

Saanichton, BC

Cell#-778-584-4468/250-818-7677

CHILDCARE POLICY PARENTAL AGREEMENT

HOURS: 7:30a.m. to 5:30 p.m. MONDAY TO FRIDAY.
CLOSED ON ALL STATUTORY HOLIDAYS.

1. **PRESENT FEES:**

- REGISTRATION FEE: \$80.00 (*non-refundable*)
- DEPOSIT: \$200.00

\$100 to be credited to last attending month's fees (with proper notice)

- a) 16mos to 30months \$1250.00
- 30 months to 36 months \$1080.00
- 3yrs to 5yrs \$ 940.00
- Kindergarten (Pm only) \$ 440.00

- b) Part time care (3 days or less per week)
 - 16mos to 30mos \$900.00(3days)
 - \$700.00 (2days)
 - 30mos to 36mos \$65per day
 - 3yrs to 5yrs \$55 per day

- d) Hourly rate (only 3yrs & up) \$25.00 per hour

- e) Preschool (3 days 9-12) \$425.00 per month

Preschool Activity Fee: \$25.00

This is paid once a year in September to help with the cost of preschool supplies.

f) Parents receiving government SUBSIDY are responsible for renewals. If the subsidy form is not renewed and received at the Center by the first day of the month, the full fee must still be paid in full.

Tigger's Playschool
Friends of Tigger's Afterschool
1161 Princess Ave
Victoria, BC

Tigger's Too Playschool
Tigger's Multi-Age
7577 Wallace Drive
Saanichton, BC

April 2023

Dear Parents,

Re: **Child Care Fee Reduction Initiative**

For your information, Tigger's Playschool, Tigger's Too Playschool, & Friends of Tigger's Afterschool **has** been approved to opt into the Child Care Fee Reduction Initiative to reduce parent fees.

Tigger's Too Multi-Age Playschool has BE APPROVED

Parent fee reduction amounts that **will** receive are prescribed by the Ministry of Children and Family Development and are based on type of care. The amount(s) we will receive to reduce parent fees for full-time care, per child, are listed below (part-time enrolments will receive a pro-rated amount). This program is only in effect if the Child Care Fee Reduction Program is approved by the Ministry of Children and Family Development every year. If this program is cancelled by the government, Under the Umbrella Inc. will no longer continue to give parents the Child Care Fee Reduction, and will cancel any obligations and /or agreements made by parents and Under the Umbrella Inc.

- \$900/month – Group infant/toddler (under 36 months) care
- \$545/month – Group childcare for 3 years to kindergarten

If you have any questions, please let us know.

Sincerely,

Raymonde Foyster

Under the Umbrella Inc.

Director/Owner

2. FEES & SUBSIDY STRUCTURE:

a) FEES:

*ALL PARENTS MUST SUBMIT AT LEAST SIX (6) MONTHS OF POST-DATED CHEQUES OR MAY ARRANGES FOR ETRANSFER EVERY MONTH. THIS WILL BE ENFORCED UNLESS SPECIAL ARRANGEMENTS ARE MADE WITH THE MANAGER. **We longer take cash.**

**PAYMENTS ARE TO BE MADE ONE MONTH IN ADVANCE, ON THE FIRST DAY OF THE MONTH.

b) SUBSIDY:

PARENTS ARE RESPONSIBLE FOR RENEWING THEIR APPLICATIONS BEFORE THE EXPIRED DATE. IF CONFIRMATION IS NOT MADE BEFORE THE EXPIRED DATE, THE PARENT WILL PAY THE FULL FEE UNTIL RENEWAL IS APPROVED.

c) FEES IN ARREARS:

THERE WILL BE A CHARGE OF \$25.00, FOR ANY N.S.F. CHEQUES, **PLUS** A \$50.00 LATE FEE.

IF YOUR FEES BECOME MORE THAN TWO (2) WEEKS IN ARREARS IN YOUR ACCOUNT, YOUR CHILD/REN WILL NOT BE ACCEPTED TO TIGGER'S UNTIL ALL FEES ARE PAID.

d) DEPOSIT: \$200.00

MUST BE PAID BEFORE THE CHILD STARTS.

\$100 of this will be credited to monthly fees for the last month the child attends the Center (if proper notice is given).

e) REGISTRATION FEE: \$80.00

TO BE PAID AT TIME OF REGISTRATION.

This holds your space. Parents get \$10.00 off for each additional child.

f) PROOF OF SUBSIDY:

AUTHORIZATION NUMBERS MUST BE RECEIVED BEFORE A CHILD STARTS AT THE CENTRE OR HALF OF FEE IS DUE AT START DATE.

To be reimbursed (not including deposit) when subsidy is received.

g) LATE FEE: \$50.00

TO BE APPLIED FOR ANY FEES NOT RECEIVED BY THE 2nd OF THE MONTH.

IF FEES HAVE NOT BEEN RECEIVED BY THE 15th OF THE MONTH, YOUR CHILD WILL NOT BE ACCEPTED AT THE CENTRE UNTIL ALL FEES ARE PAID IN FULL.

3. POLICIES AND AGREEMENTS:

a) BEHAVIOUR AND CONDUCT:

- i) If a child's behaviour becomes abusive and uncontrollable and is deemed too dangerous to have at the center, notice will be given to have up to two weeks to find alternative care.
- ii) If a parent's behaviour becomes abusive and/or inappropriate language is used towards the staff, children, or other parents, a verbal warning will be given. If the parent chooses not to adhere to the warning, the police will be contacted.
- iii) If these behaviours continue, with the child or/and the parents, notice will be given immediately to not to return to the center and to find alternative care. Your deposit and any unused care costs will not be returned to you.

b) LATE PICK-UP:

A late fee of \$20.00 will be applied for each child picked up after 5:30 pm. This late fee will be applied to your following month's fee. We ask parents to arrive at 5:25pm to allow enough time at pick up before

- i) If a child remains after 5:30 pm we will begin calling emergency contacts obtained from your registration form.
- ii) If a child remains after 6:00 pm. the appropriate authorities will be notified.

c) OBSERVATION PERIOD:

A two-week observation period is in place. A parent or staff member may choose to terminate the care agreement not later than two weeks after the child starts. The registration fee will be returned should the staff choose to cancel the agreement. The deposit pays the two-weeks of care in this case.

Should the parent(s) choose to cancel care, there will not be a refund unless special arrangements are made with the manager and/or the owner.

d) ABSENT/ARRIVAL:

If your child is to be late or absent, a phone call must be made to the daycare no later than **9:30 am**. Your child may not be accepted after 9:30 am if a call is not received.

e) WITHDRAWAL:

This must be a one month written notice and be received by a staff member before the first (1ST) day of the month to be valid. Notices received after the first (1ST) will not be considered valid and you will be charged that month's fee.

f) PART-TIME PARENTS:

Days reserved for your child cannot be changed to other days unless a holiday falls on that day. Special permission must be given before any prearranged days may be changed.

g) CHILDREN'S BIRTHDAYS:

Parents are welcome to bring a cake or cupcakes for an afternoon celebration.

h) NEWSLETTER/CALENDARS:

Monthly newsletters and calendars will be issued to families to inform you of your child's upcoming trips, special activities, and various themes.

i) TOYS FROM HOME:

We discourage any toys brought from home. We will have special days outlined on our calendar for your child to bring a small, special toy. These days, have the item clearly labeled with your child's name as toys are easily lost or broken.

j) CHILDREN INJURES AND /OR ILLNESS

Tigger's holds no liability for any injuries or illness that may occur at the centre. It is the responsibility of the parent to cover any costs that may occur due to injury or illness.

4. LUNCHESES & SNACKS:

Parents are requested to provide a healthy, nutritious lunch and snack every day. Please do not send foods with a high sugar content or "junk food". All containers must be clearly labeled. The center does supply one (1) healthy snack per day.

In an event that your child behaves in an unsafe manner during lunch or snack time, they will be redirected and then given the opportunity to rejoin the group. At this time, they have the opportunity to try again to eat in a safe manner. Food is never withheld or treated as punishment or as a reward.

WE ARE A NUT FREE CENTRE!!

Please do not send any kind of nuts and seeds, peanut butter sandwiches, or any foods that may contain any form of nuts or seeds. Also, please be aware of any use of peanut oil, sesame oil, nuts, or seeds in food items.

5. FIELD TRIPS:

I authorize my child _____, to attend outings away from Tigger's Too. I hold no liability to the owner and/or staff for accidental injury or illness that might occur on the premises, outside the premises, on field trips, and/or in the daycare vehicle.

6. HEALTH AND SAFETY:

a) The staff have the right to refuse admission to a child who appears too ill to be at the center.

b) If a child becomes ill during the day, the staff will contact the parent(s).

- If the parent(s) cannot be located:

I authorize the staff to:

*** Make arrangements to put the child in the care of an alternate person named on the registration.**

c) In the case of an emergency, the staff will contact the parent(s).

- If the parent(s) cannot be located:

I authorize the staff to:

*** Call my family physician,**

- * Call the alternate person named on the enrollment form,
- * Take the child to the hospital (which may be by ambulance).

d) No staff member will administer my child any medicine without my permission in writing. (Administer Medication forms are available)

e) I will provide adequate clothing (raincoat and/or snowsuit with boots for winter.) A change of clothes will be kept at the Center. All children must have play shoes for outside time that are **comfortable and safe** to walk in. Please make sure that there are no open toed shoes.

f) I will provide a written notice if someone else is picking up my child that is not on the registrations form. Picture Identification will be required.

g) I will keep the staff informed of any event or change of routine that might affect my child's behavior.

h) All **immunization** records will be submitted **before** my child's start-date at the Center.

i) An **up-to-date** picture of my child(ren) will be submitted **before** my child's start-date at the Centre

j) All known allergies will be documented on both the application and emergency cards.

Registration paid: _____
(Non-Refundable 12 hours after policy is signed)

Deposit paid: _____

Child's Name: _____

Parent/Guardian Signature(s): _____

Signing acknowledges that the parent or guardian has read, understands and accepts the terms and conditions of this policy.

Start Date: _____

Finish Date: _____ **(if applicable)**



Tigger's Too Multi-Age Playschool

FEES:

Paying fees has become a problem at our center. Our policy clearly states that fees are due on the 1st of each month. A late charge of \$50.00 will be applied to fees that are late after the 1st. Also, parents **MUST** submit at least six (6) months of post-dated cheques. This policy will be enforced to ensure that fees are paid on time.

If your fees become more than two (2) months in arrears on your account, your children cannot be accepted to Tigger's until **all** fees are paid.

If there is a problem with your fees, please call Raymonde to resolve any hardship you maybe having.

SUBSIDIES:

Also, parents on subsidy **MUST** be responsible to renew their applications **BEFORE** the expiration date.

This is also becoming a problem at our center. If the subsidy is not renewed within the month it has expired, you will be expected to pay the full amount until it is renewed.

Thank you for your cooperation and support.

Raymonde Foyster
Owner/Director



TIGGER'S TOO Multi-Age PLAYSCHOOL

7:30 – 9:50	Children arrive, free play,
9:50 - 10:15	Snack time, storytime
9:00 – 12:00	PRESCHOOL (M, W, TH)
10:00 - 10:45	Art and craft activities, Preschool, music,
10:45 - 12:00	Outside play/ inside play
12:00 - 1:00	Washroom/ wash hands/ LUNCHTIME
1:00 – 3:00	Naptime / quiet play for older children
3:00 - 3:30	Wake-up/ free play
3:30 - 4:00	Snack time/ reading
4:00 - 5:00	Circle time/ Outside Play

Tigger's Too Muti-Age Playschool

DISCIPLINE POLICY

Discipline involves the continuous process of guiding behavior that is nurturing and positive in each child.

1. Establish Clear, Consistent and Simple Limits.
-statement of what behavior will be acceptable.
2. Offer Straightforward Explanations for Limits.
-children understand the reasons or rationale for limits.
3. State Limits in a Positive, Rather than Negative Way.
4. Focus on the Behavior, Rather than on the Child.
5. Make Statements of Expectation, Rather than Pose Questions.
- make a clear statement of what is expected.
6. Allow Time for Children to Respond to Expectations.
- give children a warning call to prepare when to clean up.
7. Reinforce Appropriate Behavior BOTH with Words and Gestures.
8. Gain a Child's attention in a Respectful Way.
- approach children individually, state their name, establish eye contact, and use a calm, controlled voice.
9. Guiding the Child
- when a child is struggling, guide the child by effective guidance and Intervention as outlined in their care plan developed in consultation. with parents and other Support
10. Reminders are helpful to children.
11. Acknowledge Feelings Before Setting Limits.
12. Model Problem-Solving Skills
- following the steps of problem-solving helps children learn the process involved.
13. Offer Appropriate Choices
- the choice should be made in a non-threatening and non-punitive way.
14. Use Natural and Logical Consequences.

15. Redirect
 - children should be redirected to activities that are in line with their needs.
16. Limit the Use of Equipment
17. Provide Opportunities for Children to Make Amends.
18. Body Break
 - in using this strategy, the attitude of the caregiver must ensure a positive learning experience
 - Locate the place within the play space, but far enough removed from the general activity.
 - Alternately, allow the child to determine when he or she is ready to re-enter to play.
 - Body Break is no more than one minute of time per year age of the child. this should never exceed no more than five minutes.
 - Refrain from discussion, nagging, arguing, or moralizing.
 - When time is finished, positively reinforce the first appropriate or acceptable behavior of the child.
 - Used cautiously and only when all other strategies have been proven ineffective.

It is our hope that discipline in this fashion will help your child to be happy and well adjusted to his/her surroundings, as well as help the child to have a concept of self-respect and respect for his/her parents and caregivers.

Thank you!

CHILD RELEASE FORM

Tigger's Too Multi-Age Playschool

1) LATE PICK UP

If a guardian has not picked up a child or has not called by 5:30pm the caregiver will try to contact the family and then alternative person/s from the authorized pick-up list. If that person is unavailable and the parent has not contacted the caregiver by 6:00pm, the caregiver is required to notify the Ministry for Children and Families. A late fee of \$20.00 will be applied for each child picked up after 6:00pm. If late pick up is an ongoing problem and reasonable effort has been made by staff to solve it, then notice of termination of service may be given.

2) UNAUTHORIZED PICK UP

The guardian is required to notify the caregiver in writing if someone else will be picking up the child. If the caregiver does not know the person picking up the child, information about the person will need to be provided (name, phone number, physical description). The person will be asked to show photo identification. If an unauthorized person arrives to pick up a child, the child will remain under the supervision of the caregiver. The caregiver will speak to the individual and explain the policy that no child will be released without written authorization from the guardian. If difficulties arise, all reasonable efforts will be made to ensure the safety of the child and other children. If necessary, the police will be called for assistance.

3) ALLEGED IMPAIRED PICK UP

It is the caregiver's responsibility, to the extent that it is possible, not to release a child to an authorized person who is unable to adequately care for a child. If the caregiver believes that a child will be at risk, the caregiver will offer to call a relative or friend to pickup the person and child or offer to call a cab to pick them up. If the person is driving a vehicle, the caregiver will explain that driving while under the influence of drugs or alcohol is against the law and that the caregiver is obligated to ensure the safety and well being of the child. If the presumed impaired person chooses to get in the car with or without the child, the caregiver will immediately notify the police and provide a description of the car and geographic vicinity. If the caregiver believes that the child needs protection, the caregiver will call the Ministry for Children and Families.

4) CUSTODY AND RELATED COURT ORDERS

If a custody or court order exists, a copy of the order needs to be placed in the child's file. The guardian is responsible for providing accurate and up to date information concerning the legal guardianship of the child. Without a custody or court order on file, the caregiver cannot deny access to the non-enrolling parent. If the non-enrolling parents are not listed on the authorized pick-up list, the policy on unauthorized persons will be implemented. The guardian will provide all consents.

Date: _____ Signed: _____

Tigger's Too Multi-Age Playschool

EMERGENCY PLAN:

FIRE:

- 1) **Blow whistle twice to attract children's attention.**
- 2) **Children must stop and look at the teacher. Teacher gives children instructions.**
- 3) **Tell children to line up at either door (whichever is safer).**
- 4) **Teacher takes attendance and brings first aid bag if possible.**
- 5) **Take children to:**
 - A) **Back part of Parking Lot**
 - B) **Centennial Park across the Street**
- 6) **Phone 911. Never leave children unattended. Have someone else do the phoning. Another teacher takes attendance.**

EARTHQUAKE:

- 1) **Blow whistle twice to get children's attention.**
- 2) **Children must stop and look at the teacher. Teacher gives children instructions.**
- 3) **Children take cover beneath tables or in doorways.**
- 4) **Stay close to the center of building away from glass windows.**
- 5) **If outside, stay away from the building:**
 - A) **back yard - stand by back fence**
 - B) **front yard - stand as far away from buildings and overhead wires**

AFTER EARTHQUAKE:

- 1) **Wait 10 minutes (for any aftershock) before moving.**
- 2) **Assess the situation and check for injuries.**
- 3) **Take attendance.**
- 4) **Have children stay together.**
- 5) **Shut off gas lines, furnace, hydro & water (only if possible).**
- 6) **Take earthquake and first aid kits with you.**
- 7) **Leave the building with the children and go to above address.**

Fire and earthquake drills are practiced once a month with children.

Thank you!

Parent Awareness Protocol in Case of Emergency

Because our center is in an earthquake-prone area, we want to remind you that, in the event of an earthquake occurring, the following procedures will be followed:

No child/ren will be dismissed from the center unless a parent (or guardian designated by a parent) comes for him/her.

No child will be allowed to leave with another person, even a relative or babysitter, unless we have written permission to that effect, or that person is listed on the child's emergency card in our files. With this in mind, if your child's card is not up-to-date, please request a new card from a staff member.

All parents or designated guardians who come for children must sign them out. Signs will be posted (indicating where) if this is an alternate location that is being used.

We are prepared to care for children in the event of a critical situation or if parents are not able to reach the center. We have several people with first aid certificates and will be in communication with local emergency services. We do ask for your help in the following areas:

- **Upon registration you will be asked for \$10.00 to go towards emergency supplies to enable us to care for your children in the event of an emergency. (This is not part of the fee and is non-refundable).**
- **Please always keep emergency numbers current and eligible. Any changes in phone numbers are to be reported immediately to the staff.**
- **Please do not call the center; we must have the lines open for emergency calls. We will call you if it is safe to do so.**
- **Following an earthquake or other emergency, do not immediately drive to the center. Streets and access to our center may be cluttered with debris and the center access route and street entrance to our center must remain clear for emergency vehicles.**
- **Do turn your radio on; information and directions will be given over the radio.**

CHILD ABUSE POLICY

We are required **BY LAW** to report any suspicion and/or disclosure of child abuse or neglect to the proper authorities.

Our responsibility is to report suspicions or disclosures, not to determine if abuse has occurred.

It is the responsibility of the Ministry for Children and Families to investigate and decide if the child needs protection.

Reporting procedures are designed to protect the child. Our concern is the safety and well-being of the child. We are not permitted to contact the parent unless specifically directed to do so by the Ministry for Children and Families, or the Police.

NOTE: IF YOU HAVE ANY CONCERNS OR DIFFICULTIES DEALING WITH YOUR CHILD AND NEED ASSISTANCE, WE WOULD BE PLEASED TO TALK WITH YOU AND HELP TO ARRANGE ADEQUATE SUPPORT.

Supply List

Please note that the following items need to be labeled and left at the daycare.

1. Appropriate Season Clothing

- Rain coat, Warm coat,
- Muddy buddies/Plastic Pants
- Boots (to be left at the center)
- Full change of clothes (pants, shirt, socks, and underwear) updated every 3 months
- Inside closed toe shoes
- Mittens
- Baseball hat for summer / Toque for winter
- Crib sheet and small blanket
- Rubbermaid water bottle to be left at Tigger's
- Current picture of your child for their file
- Diapers/pull-up/wipes, diaper cream
- Backpack to keep items in, labeled
- Immunization Records

2. Emergency Kit in labeled Zip-lock bag

- Bottle of water(1)
- Juice box(2)
- Granola bar or similar (No Nuts)(2)
- Fruit leather snack(2)
- Foil emergency blanket(1)
- \$10 non-refundable emergency funds*
- Family photo

* These funds help to cover the cost of supplies in the event of an emergency.

Symptoms Which Require Children to Be Excluded from Child Care Facilities

Parents should be advised to keep their children at home or to seek alternate care arrangements for the following conditions:

- Pain - any complaints of unexplained or undiagnosed pain.
- An acute cold with fever, runny nose, eyes, coughing and sore throat. Once temperature, well-being and energy are normal, coughing, and runny nose may continue (depending on the suspect illness) without the child being contagious. (If symptoms are caused by a known allergic reaction, the child is not contagious).
- Difficulty in breathing - wheezing or a persistent cough.
- Fever (100 F/38.3 C or more) accompanied by general symptoms, such as listlessness, may be an early sign of illness that requires a physician's attention.
- Sore throat or trouble swallowing.
- Infected skin or eyes or an undiagnosed rash.
- Headache and stiff neck - Should see physician.
- Unexplained diarrhea or loose stool combined with nausea, vomiting or abdominal cramps. These symptoms may indicate a bacterial or viral gastrointestinal infection, which is very easily passed from one child to another. The child should be kept home until all symptoms have stopped.
- Nausea and vomiting may be an early sign of illness that requires a physician's attention.
- Severe itching of body and scalp.
- Children with known or suspected communicable diseases.

It is required to keep (or take) a child home when the child:

- Is suffering from one or more of the above symptoms.
- Is not well enough to take part in the regular program of the facility.

ULTIMATELY THE CARE OF THE CHILD IS THE PARENT'S RESPONSIBILITY.

TIGGER'S Too Multi-Age Playschool

PRESCHOOL PROGRAM

Dear Parents,

Our preschool program has begun. The following is your outline of our program. The following topics are stretched over three terms. Preschool times are Monday, Wednesday, and Thursday mornings from 9:00 am – 12:00pm.

Topics that we will cover over the course of the year are:

LEVEL (1)

- Sept. to Dec.** - Colours, identify name and first letter, music, fingerplay, sharing.
- Jan. 15 to Mar.** - Counting (1-5), shapes, colours, nursery rhymes, identify other letters.
- Apr. to June** - Alphabet, colours, matching numbers, shapes, dramatic play, sharing, aware of feelings.

LEVEL (2)

- Sept. to Dec.** - Review colours, shapes, identifying name, printing letters
- Jan. to March** - Counting, numbers, grouping, alphabet, printing different letters. Learning about our feelings - respect ours and others and sharing.
- April to June** - Problem solving, continue counting, adding, alphabet identifying, printing. Community, science, music, dramatic plays, creative moves.

LEVEL (3)

- Sept. to Dec.** - Primary colours/mixing colours, review shapes, printing name, alphabet chart, music, nursery rhymes, problem solving, sharing.
- Jan. to March** - Counting 1-20, grouping numbers, alphabet, recognizing words, senses, communities, calendar, music, opposites.
- Apr. to June** - Counting, printing words, reading basic words, problem solving, sharing, feelings, making a book, calendar, music, storytelling.

Each child will be at their own level of learning as we discover each topic. Reminder, parents will receive quarterly review cards of your child's progress and achievements will be recorded.

Any concerns about the program or your child, please feel free to talk to the management.

Suggestions for Snacks

Milk Products

- Milk
- Yogurt without added sugar
- Cheese
- Yogurt or other cheese dips
- Cheese spreads

Grain Products

- Whole wheat breads, toast
- Crackers/bread sticks
- Rolls/bagels
- Muffins and quick breads
- Graham wafers
- Rice cakes
- Cold cereal

Vegetable & Fruit

- Unsweetened canned or frozen fruit juice
- Any raw vegetables and fruit pieces
- Grated vegetables and salads
- Vegetable soups
- Vegetable juice

Meat & Alternatives

- Hard cooked egg
- Pieces of lean meat or poultry, tuna or salmon
- Bean/lentil soups
- Chili
- Chicken, tuna or salmon salad
- Meatloaf