

Dear parents,

At Blest Beginnings we realize making lunches can be time consuming and sometimes a challenge. Due to licensing recommendations, (**for children up to the age of 3**) we do **require** foods that can be a choking hazard for children be cut into bite size pieces. Examples are hotdogs, string cheese, whole grapes, dried fruits and chunks of meat larger than can be swallowed whole. Your child's safety is of the utmost importance to us.

Thank you,

Blest Beginnings