

Tool 1 The label check card

Use this card on the exact package in your hand. A similar flavor or size may use a different formula.

Question	Yes or no
Does the Nutrition Facts panel show 0 g added sugar?	_____
Does the ingredient list fit every Core exclusion on page 3?	_____
Are the oils and flavors clearly identified?	_____
Have I checked this child's allergies and cross-contact needs?	_____
Is the texture appropriate for this child?	_____
Can I store and transport it correctly?	_____
Does it serve a useful role at a price we will use?	_____

If the ingredient information is unclear, leave the product outside Core until clarified. If allergy or texture suitability is uncertain, choose an established safe alternative for that child.

My label notes

Brand and exact product _____

Flavor and size _____

Date checked _____

Ingredient or safety question _____

Decision and alternative _____



Tool 2 Build a snack

Choose one starting food. Add another component when the gap to the next meal, appetite or activity calls for more.

Start with	Consider pairing with	Example
Fruit	Plain dairy, egg or a thin nut/seed spread	Ripe pear with cottage cheese
Vegetables	Bean dip, yogurt dip or another protein food	Tender carrot with white bean dip
Potato, sweet potato or rice	Egg, dairy, beans, chicken or fish	Soft potato with chicken
Packaged fruit	A protein food when more food is needed	Fruit pouch with chopped egg

Before serving

- Choose the amount based on the child, not a calorie rule.
- Prepare texture and check allergens.
- Make water available.
- Keep perishable components cold until eating.

Three combinations we can repeat

1 _____

2 _____

3 _____

Our dependable backup _____



Tool 3 School and travel checklist

Before leaving	Checked
School food and allergy policy checked	_____
Exact package label checked for this child	_____
Suitable texture and easy-to-open container	_____
Perishables cold, with insulated bag and two cold sources	_____
Water and needed utensils packed	_____
Pouch caps managed by an adult for younger children	_____
Seated eating break planned	_____
Backup food and expected next meal considered	_____

Pack a familiar combination

Today's snack _____

Where it will be stored _____

Time it will be eaten _____

If plans change, our backup is _____

For food allergy, follow the child's emergency plan and carry prescribed medication as directed. For perishable food, use the time and temperature limits on page 7.



Tool 4 A week of snacks

Plan one reliable snack opportunity each day. Add other food opportunities to fit the child; this is not a limit of one snack per day.

Day	Snack we plan	Preparation or cold storage	What worked
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Preparation appointments

One batch recipe _____

Day and time _____

Produce to wash or cook _____

Food to use first _____

What I will repeat next week _____



Tool 5 Pantry and shopping sheet

Check what is already available before buying. Choose a few foods you can use in more than one combination.

Category	Already have	Buy or prepare
Fruit		
Vegetables		
Eggs, dairy or other protein foods		
Beans, lentils, tofu or edamame		
Potato, sweet potato or rice		
Nut or seed spread if suitable		
One packaged backup		
Containers and cold packs if needed		

One practical shopping rule

A product we will buy in a small trial size _____

A bulk item we reliably finish _____

A food we can prepare once and use twice _____

Estimated spending limit for this trip _____

Use school and allergy rules before choosing a spread or snack backup.

