03.0c Packed Lunch Guidance

If your child will be joining us for Lunch Club, these are our guidelines:

- Their lunch should be kept in a clearly labelled (on the outside) lunch box which can be easily disinfected. Packed lunches should be left on the table in the entrance area.
- We encourage healthy eating in the pre-school and ask that your child's lunch reflects this. For guidance and ideas please visit: https://www.nhs.uk/change4life/recipes/healthier-lunchboxes
- We would recommend including an ice pack to keep the food fresh as we have no facilities to refrigerate their lunch.
- We are not able to heat any food.
- We will provide water to drink, so you do not need to pack a drink.
- Please only provide food your child can eat independently as we cannot feed the children. We will, of course, help them to open any packaging.
- Please don't pack too much! Your child only has 30 minutes to eat their lunch, and they are offered snacks and drinks during each session.
- Please put familiar foods prepared in their usual way in the packed lunch. Pre-school lunch times are not a good time to introduce new foods to your child as it may be upsetting if they are hungry and don't like the food they have been given.
- Sandwich fillings should be savory only, no honey or chocolate spread.
- We will ask your child to leave any uneaten food and all packaging in their lunch box so you can see what they have eaten.
- We will encourage your child to eat their main lunch component first and we will never force them to eat.
- Due to severe allergies, we operate a strict no nuts policy, this includes ALL nuts, peanut butter and chocolate hazelnut spread.
- No sweets, including chocolate or chocolate covered/filled biscuits, cakes or crepes.
- Grapes, cherry tomatoes, and cocktail sausages should be cut into quarters, as they are a choking hazard at this age.

Thank you!