



Packed Lunches

We like to encourage children to eat their lunch as independently as possible. We will help children with packaging if they need it, however it would be useful to consider what you put in their lunch so that they can enjoy being as independent as possible.

Here are some tips for a healthy enjoyable lunch:

- A small sandwich (one slice of bread), pitta bread, wrap (or other bread product), try different types of bread, wholemeal or 50/50.
- A small piece of fruit (that your child can manage).
- Grapes (cut in quarters), or cherry tomatoes (cut in quarters), sliced cucumber, or sliced carrot.
- A small yoghurt.
- A small juice drink/smoothie/ or water.
- A small biscuit or cake can also be included if necessary.

A selection of the above is fine but try not to pack too much.

You know your child best – this is just a guide.

Lunch boxes and bags - Please ensure that any container holding food is easy for your child to open and cleaned on a regular basis, lots of lunch carriers can be put in a washing machine.

Snack

Please provide a **healthy** snack for your child, in a small **named** pot. This will be stored separately so we would be grateful if the snack is not in their lunch container.

Ideas for snack:

Fruit – apples, banana, grapes, strawberries, raspberries etc

Veg – carrot sticks, cucumber, cherry tomatoes, pepper etc

Try to avoid dried fruits.

Children will often eat food at playgroup that they may not eat at home foods.

Please do **not** give chocolate, sweets, biscuits or crisps.



We do have some items that we ask NOT to be included in snack or packed lunches:

- NOT more than one sweet item (except for fruit) – lunches only
- No nuts or nut products e.g cereal bars with nuts in, peanut butter
- No sweets
- No chocolate spread or pesto (as these can contain nuts)
- No fizzy drinks or glass bottles
- No sesame seed products including houmous
- No kiwi
- No out-of-date food (past 'use by' date)



Important - To reduce the risk of choking we ask that you follow the below:

- remove any stones and pips from fruit before serving
- cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- cut cheese into strips rather than chunks
- do not give popcorn as a snack
- do not give children marshmallows

Thank you and any questions or queries, please do not hesitate to ask.