



LUNCH

Could all parents/carers please ensure the following:

- ★ In line with the local schools, we operate a healthy eating policy and ask that no sweets, chocolate or fizzy drinks are packed in lunch boxes. Also please try to include two of your child's portions of fruit/vegetables for the day.
- ★ WE ask all parents to ensure that they are vigilant regarding nuts. **THESE ARE NOT ALLOWED IN THE PRE SCHOOL.** This includes the obvious foods like peanut butter and the less obvious ones like cereal bars. Please check all labels on items brought in for lunch.
- ★ Drinks do not need to be included in their lunch boxes as children can access their water bottles and they are refilled when empty.
- ★ In order to promote your child's independence, we ask that all items in your child's lunch box can be accessed easily by them. Please ensure your child's lunch is wrapped in foil or in named boxes rather than being wrapped in clingfilm.
- ★ St Johns Ambulance recommend that all small food items such as grapes, cherry tomatoes etc are cut up to reduce the risk of choking. Therefore, please ensure this is done before sending them into Pre School.
- ★ We are required to return all remaining food/drink and empty wrappers/containers, so please include a plastic bag that your child can put their empty wrappers/containers in after they have eaten.

