

Packed Lunch Guidance

If your child will be joining us for packed lunch, these are our guidelines:

- Their lunch and drink should be kept in a clearly labelled lunch box or bag. Packed lunches should be left in the labelled box 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 cannot refrigerate their lunch.
- We are not able to heat any food.
- We can provide water to drink, we recommend other drinks are kept in plastic bottles as juice cartons can't be resealed once opened.
- Please only provide food your child can eat independently as we cannot feed the children. We will, of course, help them to open 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.
- 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. If you want them to eat their lunch in a certain order, you need to let your child know.
- We will encourage your child to eat their lunch, but we will never force them to eat.
- We have a strict no nuts policy at the pre-school, so no nuts or peanut butter please.
- No sweets, fizzy drinks or glass bottles please.
- Grapes and cherry tomatoes should be sliced lengthwise as they are a choking hazard at this age.



Thank you!