



Registered Charity No. 1169451

# Eaton Socon Pre-School

A young persons dream

## PACKED LUNCH

If your child is staying at pre-school for the entire day (both the morning and afternoon session), you will need to order either a hot lunch for your child or send your child to pre-school with a packed lunch.

To follow our healthy eating policy, and oral health accreditation we ask you to provide your child with a **healthy and tooth friendly** packed lunch in a small, labelled lunch bag or box. Please do **not** include sweets or chocolate, (including chocolate spread) biscuit bars from the biscuit aisle are ok. Although it is not necessary to provide a drink, as children have access to water at lunch time and throughout the rest of the session, if you wish to provide a drink, please only send water. If you have concerns about your child drinking enough, please speak to your child's keyperson.

At lunch time the children will wash their hands and sit at the table to eat their lunch. A member of staff will supervise the children and encourage them to eat their lunch. However, if your child chooses not to eat all of their lunch, leftovers will be sent home in their lunch box for you to monitor; please be assured children will also be encouraged to have an afternoon snack.

**We have a 'NO NUTS' policy at pre-school.** We have some children at pre-school with severe nut allergies and therefore must insist on this policy. Please be aware that most **chocolate spreads and pesto** contains nuts and should **not** be included.

Please carefully check packaging on all food products to ensure products do not contain nuts or any trace of nuts. Labels on these products might say - 'May also contain peanuts and nuts' or 'Traces of nuts' or 'The factory may use nut products' etc. **These products are not allowed and will be sent home.**



**Choking Hazards:** Please ensure small plastic bottle tops (such as Fruit shoots) or other plastic packaging which may present a choking hazard are not put in your child's packed lunch.

If you are including grapes or cherry tomatoes, these should be cut in quarters or in half lengthwise to avoid a choking hazard.

Foods such as Popcorn or mini party rings also pose a choking risk for young children and we ask that these aren't included.

## HEALTHY LUNCH IDEAS

Packed lunches should include a variety of healthy foods, such as a small sandwich (one slice of bread is ideal for small children), fruit and yoghurt or a pot of custard or creamed rice.



For a change from sandwiches, you could consider a wrap, pitta pockets, bagels, cheese & crackers or pasta.

Handy snacks to put in: a boiled egg, a cheese triangle, or soft veggie sticks such as cucumber, peppers or tomatoes. Raisins or dried fruit can get stuck in teeth and leave sugar sitting on teeth so **should be avoided**.

*Suggestions for more ideas you may like to 'Google' Healthy Lunch Boxes for pre-school children ('images' lots of great pictures of lunch boxes).*