

LUNCH TIME INFORMATION

At Weaverthorpe Pre-School we promote healthy eating, and we ask you to help us with this by providing healthy lunch boxes for your child. Our Healthy Eating policy can be found in the policy book in the entrance hall and on Tapestry.

- We ask you to provide your child with a hard, plastic lunch box which is clearly labelled with your child's name on. We discourage the softer, fabric style as they are bulky when storing in our fridge and are more likely to harbour bacteria.
- Please provide cutlery eg teaspoon for a yoghurt, if needed, or a fork for rice etc.
- Pre-School does not have facilities for warming up children's lunches, but you may provide pasta, soup etc in a food flask to keep it warm.
- Children have their water bottle, or water in a cup at lunch time, so don't need any other drink providing. Water quenches thirst, doesn't spoil the appetite and doesn't damage teeth. (Milk is also offered at snack times in the morning and afternoons.)
- We are a nut free setting so please **do not pack nuts** or any food containing nuts in their lunch box. For example, chocolate spread (most varieties contain nuts, and we have no way of ensuring it is nut free), pesto, peanut butter, some cereal bars etc. Any foods that contain nuts or we suspect may contain nuts will be returned home in your child's lunch box.
- In the morning, please ask your child to place their lunch box on the green trolley outside together with their water bottle. In warmer weather, Pre-School staff will put lunch boxes in the fridge.
- At the end of the day lunch boxes and water bottles are placed back on the green trolley outside under the canopy for collection.



Overleaf you will find some lunch box ideas and important health and safety information.

After reading this information, please ask a member of staff if you have any questions.

- A healthy lunch box should contain foods from each of the 4 food groups: starchy, protein, fruit and vegetables and dairy. See table below.

STARCHY	PROTEIN	FRUIT AND VEGETABLES	DAIRY
1 or 2 portions*	1 portion*	At least 2 portions*	1 portion*
White or wholegrain thin sliced bread or small rolls, bagel, tortilla or wrap, sandwich thins, pitta bread or chapatti. Cooked potato, yam, pasta, noodles, rice, couscous, polenta or other grains. Fruit loaf	Chicken, turkey, beef, pork, lamb. Tuna, salmon. Egg Houmous Dahl or other lentil dishes. Tahini Tofu	Apple, pear, banana, orange, strawberries, grapes, kiwi, melon, pineapple, mango, blueberries, raspberries. Canned fruit in juice Cucumber, carrots, tomatoes, red or green peppers, sweetcorn, green beans, sugar snap peas, peas, salad.	Yoghurt Fromage frais Cheese Rice pudding Semolina pudding Custard

* Remember a child's portion is smaller than an adult's. A good guide is that 1 portion will fit in the palm of a child's hand.

- At Pre-School lunch is a social occasion and the children eat their lunch together sitting down at the table and are fully supervised at all times. It is never too soon to start teaching children to sit still when they eat, it can be difficult at first, but it's worth the effort as it really reduces the risk of choking on their food. It is also important to remind children to chew what they have in their mouths before putting a little more in.
- To prevent possible choking it is essential to cut foods correctly. Young children are still developing their chewing and eating skills. For example:
 - ✓ Round fruits eg grapes, tomatoes, blueberries, strawberries etc to be cut lengthways and halved or quartered depending on size.
 - ✓ Fruit and vegetables eg carrots, pepper, cucumber, apples, pears etc to be cut lengthways and into thin slices or narrow batons.
 - ✓ Sausages should be cut in half and then lengthways into narrow strips.
 - ✓ Lumps of meat or cheese are to be cut into batons as narrow as you can or thin slices. Remember to ensure any bones are removed.

See our additional Health and Safety advice sheet.

- Many foods that children enjoy and crave are full of empty calories and don't give children energy for play. They can be high in fat, sugar or salt. Whilst we understand that you may wish to include these in your child's lunch box, we please ask that you keep them to a minimum. Consider just putting a few crisps in a pot, rather than a whole bag that is too much for a child and will go to waste. Examples of food items that fall into this category include processed meat products, salty snacks including crisps and crackers, biscuits, cakes, ready prepared food etc.
- Pre-School aged children should not be given foods or drinks containing artificial sweeteners (such as saccharin and aspartame), the preservative E211 or artificial colours E102, E104, E110, E122, E124 or E129.