



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 send your child to pre-school with a packed lunch.

To follow our healthy eating policy, we ask you to provide your child with a healthy packed lunch in a small, labelled lunch bag or box. Although it is not necessary to provide a drink, as children have access to water and milk at lunch time and throughout the rest of the session, if you wish to provide a drink, please only send water, very weak squash or a yoghurt drink.

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 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 lengthwise to avoid a choking hazard

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.

For a change from sandwiches, you could consider a wrap, pitta pockets, bagels or pasta

Handy snacks to put in the lunchboxes could be a boiled egg, a cheese triangle, fruit-bread or a pot of creamed rice.

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