



Lunch guidance information sheet

Please place your child's lunch inside a suitable lunchbag/container, we will provide a cold block to keep your child's lunch fresh until they eat it. **Please remember to label the lunchbag with your child's name.**

Packed Lunch:

The children have approximately 20 minutes to eat their lunch so please do not give them too much.

It is suggested that you provide:

- A small sandwich/roll or crackers or a small pasta salad (if your child doesn't eat sandwiches or rolls)
- A piece of fruit
- A yogurt

(remember to include any cutlery needed such as a spoon or fork)

You may include a chocolate covered biscuit or cake bar but **NO CHOCOLATE BARS OR SWEETS**, these will be returned unopened should they be in your child's lunchbox.

PLEASE DO NOT INCLUDE A DRINK/WATER BOTTLE – WE PROVIDE DRINKS.

The above is only a suggestion to give you an idea of the size of lunch required, obviously only put in what you know your child likes and is comfortable eating. It can be quite daunting if this is their first time having lunch at pre-school so anything that makes life easier for them is best.

It is a good idea to peel any fruit such as oranges (obviously not bananas) if your child is unable to do this themselves. Staff will help children wherever possible but our aim is for the children to be as independent as possible which will support their physical, social and emotional development, so anything that makes life easier for them is suggested.

I hope this is helpful, if you have any questions or worries please speak to a member of staff.

