

Lunchbox Guidance

- Young children are still learning to chew and swallow when they start nursery.
- We sit together at snack and lunch times and the children are encouraged to chew and swallow their food before adding more and sit safely on their chairs at the table.
- When packing lunchboxes please remember to think long and **thin** when preparing food.
- Narrow batons are best for hard fruit & veg, ideally cut lengthways and then quartered.
- Meat & cheese should also be cut as narrow as you can – unless in a sandwich.
- Please remember:

- **NO** popcorn, nuts, seeds, marshmallows, jelly sweets/cubes, hard sweets or rice drinks*.

**As requested by the Government in their document The Safety and Welfare Framework 2022.*

- We offer milk/dairy alternatives or water to drink and at snack time we prepare fruit & vegetables in line with Government guidance.



Birthday treats and celebrations

Many families enjoy including the nursery children in celebrating their child's birthday but please, if you wish to send in sweet treats, ensure to follow the above Government advice, for example no haribos, lollies or marshmallows.