



Healthy Lunches



Sandwich or a wrap/pitta

Please provide your child's lunch in a box or in a bag, clearly labelled with their name.



Drink – WATER

only!! Any other drink will be sent home and milk or water will be provided.



What should I put into my child's packed lunch?

Cheese/Yoghurt



Vegetable sticks or small pieces of fruit.

**1 small sweet treat.
NOT SWEETS!**



Things to keep in mind

VARIETY IS KEY – something different each day/week

FUN – make it enjoyable, cut sandwiches into shapes using shaped cutters.

Try to get your child involved so they know what to expect in their lunch.

DON'T overfill your child's lunch box, children need much smaller portions than adults.

REMEMBER your child has access to milk or water throughout their session too.

IMPORTANT - We are a **NUT FREE** School. Please make sure all foods are free from nuts and traces of nuts.

Or why not try an alternative, soup, pasta, beans warmed up at home and put into an insulated flask to keep it warm till lunch time.

Please note we **CAN NOT WARM FOOD THOUGH AT NURSERY.**

If you have any concerns or worries about lunches, please speak to Kathryn (our Oral Health Champion) or your child's keyworker.