

Lunch box guidance

- We follow the EYFS statutory framework guidance to healthy eating
- Young children are still learning to chew and swallow when they start nursery.
- We sit together at snack and lunch time and the children are encouraged to chew and swallow their food before adding more and to sit safely on their chairs at the table. Staff also sit with them.
- 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.
- We offer cow's milk or water to drink and at snack time we prepare fruit & vegetables in line with Government guidance.



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

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 EYFS advice.