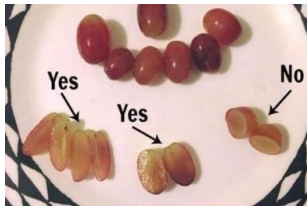


## Lunch Club Guidance

These are just a few reminders for children's cold packed lunches to help us keep the children safe and healthy, avoid items getting lost and to ensure the lunch club staff can spend their time supporting and talking with the children rather than preparing food. Thank you for your support

- Please send your child with a healthy lunch - no chocolate or sweets and cold sandwiches/wraps/crackers/pittas wherever possible
- Children can bring their own drinks (no fizzy); or else can be provided with water
- Grapes and cherry tomatoes must be cut in half lengthways as there have been a number of incidents in the media of children choking on grapes



- If larger pieces of fruit are included whole, staff will assume that children can eat them whole; if children need them to be cut up, please do this at home
- Name lunch bags on the outside; please also name any small Tupperware containers or utensils
- We don't provide forks or spoons, so please avoid foods that need these, or provide your own plastic versions that are clearly named (*no knives please*)
- We don't have facilities to re-heat any food so please avoid providing anything that requires this

Dear Parents,

To ensure we keep children who suffer with nut allergies safe, we have made the decision that **no nuts or products containing nuts should be brought into the nursery** in children's lunches, bags or pockets. (This includes **peanut butter and chocolate spread containing hazelnuts**). We appreciate your support with this matter.

**PLEASE**



**NO PEANUTS  
OR  
NUT PRODUCTS**

