



We appreciate your co-operation and understanding in promoting a healthy lifestyle for all the children.

We occasionally have children who have allergies to various foods and drinks. Please be considerate and do not put these items in your child's lunch box. We will notify you in advance of what these items are. Please note we are nut free, therefore no chocolate spreads as these may contain nuts. Thank you!

We may also remove any items in your child's lunch box which we feel are unsuitable and do not comply with our lunchbox policy. For example sweets, chocolate and fizzy drinks. We will always tell you if an item has been removed and the reason why. The key-person will explain to the child and keep the item for them to take home.

We also recognise that some children may require special diets, and this will be taken into consideration.



Peter Pan Pre-school



Lunch time



## Welcome to lunch time at Peter Pan Pre-school.

Lunch time is held Monday to Friday from 12:15pm to 13.00pm. The children sit together in small groups at the table, usually in their own classroom and can choose where they wish to sit. After lunch, children continue to play and choose their own activities.

As mealtimes offer opportunities to extend children's social and language skills the key-persons on duty will sit and interact with the children and encourage them to do the same with each other. This is a great opportunity to learn from others about table manners and practice their speaking and listening skills.

You will need to provide a packed lunch from home as we do not provide food for the children's lunches. It should be clearly named and left with your keyperson. We will then store it in a safe place. In the summer months we provide ice packs to keep the lunch boxes chilled. Please note food cannot be reheated at pre-school, but you are welcome to bring your child's lunch in a food flask to keep it warm.

As we endeavour to promote independence as much as possible, please could you provide containers that your child can open themselves.

However, the keyperson on duty will always assist the children where necessary. In the interest of safety please do not use large plastic bags.

As it is our policy to ensure that all packed lunches brought from home and consumed in pre-school provide children with healthy and nutritious food, we ask that you provide a well-balanced meal. We provide semi-skimmed milk and water to drink, and do not allow juice.

Packed lunches **SHOULD NOT** include:

- Cakes, biscuits
- Confectionery such as chocolate bars, sweets or cereal/breakfast bars.
- Anything that may have nuts or traces of nuts.
- Chocolate spread as some of them have traces of nuts.



**Children have much smaller stomachs and can be put off by large portions so please consider carefully what you put in your child's lunch box and the amount you provide.**

The following will give you some ideas on foods that provide a healthy lunch and that comply with our packed lunch policy.

- Sandwiches, crackers, wraps, pitta bread with a healthy filling
- Yoghurt
- Cheese
- Vegetable sticks
- Fruit/dried fruit
- Seeds
- Pasta



An example