



GUIDANCE TO PARENTS FOR LUNCH CLUB

The Pavilion Pre-School aims to adhere to the national guidance on healthy eating and ensure that all aspects of food and nutrition promote the health and wellbeing of the children.

Parents are asked to ensure that their child's lunch box, drinks bottle and any small containers inside the main carrier are clearly labelled.

The pre-school will provide a safe, calm and healthy eating environment by:

- Storing all lunches in the fridge during the morning session
- Ensuring all children wash their hands before their lunch
- Providing each child with a personalised laminated place mat which details any allergies, dietary needs or preferences
- Encouraging all children to eat all or try to eat most of the food provided in their lunch box
- Making sure children have time to eat their lunch and do not rush
- Ensuring fresh water is always available for every child
- Ensuring lunch club staff sit with the children so that the meal time is a social occasion

We would like lunch boxes to reflect a healthy balanced meal and the British Nutrition Foundation have produced a set of guidelines recommending what should be included:

- A starchy food e.g. bread, pasta, rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps
- At least one portion of fruit and vegetable e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes
- Meat, fish or vegetarian source of non-dairy protein such as lentils, kidney beans, chickpeas, falafel, soya, tofu
- A portion of milk or dairy food e.g. cheese, yoghurt, fromage frais
- A drink of either water, fruit juice or 'no added sugar' fruit squash

PLEASE DO NOT INCLUDE FIZZY / SUGARY DRINKS, SWEETS, CHOCOLATE BARS OR ANY PRODUCT CONTAINING NUTS

PLEASE ENSURE GRAPES AND TOMATOES ARE ALWAYS CUT IN HALF