



July 2021

Lower Foundation Stage Packed Lunches

Here is some information about lunch time.

Children will eat their lunch together as a class with staff members they are familiar with.

Your child will need a named lunch box, which should include a lunch time drink.

Children should be able to independently access the food and its wrappings. This includes dealing with fruit skins and opening packets. Please do not send 'Frubes' or 'Cheese Strings' in packets that need opening with scissors. The staff will support the children with any difficulties but becoming independent with their eating helps them to develop their confidence and self-esteem.

A child aged 3 to 4, should ideally have 3 to 4 small items of food in their box. For example: 2 quarter sandwiches, a small yoghurt, some cut up grapes and a small muffin. There is no need to send large yoghurts or whole bags of crisps.

Grapes sent in **must** be cut in half lengthways as they are a choking hazard.

The only foods that should **not** be included are: fizzy drinks, chocolate bars, sweets and **anything containing nuts.**

Please ask a member of staff if you have any questions.

Thank you, Foundation Stage Staff.

