



Packed Lunches

Dear Parents/Carers

Nationally, there have recently been a number of serious incidents involving children choking at school/pre-school, some fatal. Quite obviously, this is something which we as staff and you as parents do not want to happen here at APM Pre-School. If you include foods which your child can place whole in their mouth, please cut them in half lengthwise. Foods involved in some of the serious incidents have been grapes, strawberries, cherry tomatoes, cheese cubes, sausage rolls and mini-sausages.

We are required by the Department for Education to have a healthy eating policy, which must include packed lunches sent in with the children by parents/carers. For this reason, we ask you to please send a packed lunch for your child which is healthy. We recommend a sandwich, piece of fruit and a healthy yoghurt. You can send healthy alternatives such as a pot of tuna pasta, cheese and crackers or a sugar-free jelly. We provide the children with a drink of milk or water. We ask you please not to send processed, high fat, high salt, high sugar foods. We will always remove, biscuits, cake, chocolate bars, sweets and drinks. (We then place them back after lunch to take home). Supermarkets are good at labelling certain items, such as fruit winders or fruit sweets, as 'one of your 5 a day' or 'healthy alternative'. Please don't send these, save them for a treat at home.

If you have any questions or concerns about what your child is eating or drinking while at pre-school, please speak with us.

If your child has or develops a food allergy, you must inform us.

There are many more ideas for healthy packed lunches online, including our own website and the NHS www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

Thank you all for your co-operation and understanding