



Lunch Box Guidance

If your child is having lunch at playgroup, here are some hints and tips for a healthy lunch.



Provide a healthy and balanced lunch box for your child. This will help them to understand what a healthy meal looks like but also provide valuable nutrients, making them grow and become strong. There are many ideas online if you are stuck for inspiration!



Along with a balanced meal, a named (reusable) plastic bottle of water should be provided,

Please avoid sugary drinks such as squash, smoothies and fizzy drinks.



As part of the healthy lunch box, we ask that you cut grapes **and** tomatoes lengthways to avoid a choking hazard.

Playgroup is a **NO** nut environment due to children with allergies, so we cannot have the following:

- Peanut butter and other nut butters
- Chocolate spread such as Nutella
- Cereal bars containing nuts or with a nut butter topping
- Yoghurts which are made from dairy alternatives such as almond or cashew nut milk

We would also ask parents to also refrain from sending in the following

- Chocolate bars (including individually wrapped chocolate sweets)
- Jam sandwiches
- Sweets including marshmallows
- Cakes

Lastly, please name your child's lunch box and any containers/Tupperware to avoid any mix up. If you have any questions, please feel free to ask you child's key worker.