

A few other things...

- Please remember to put an ice pack in your child's lunchbox
- Name your child's lunchbox
- Involve your child, let them help to pack their lunch.
- Try and include packaging children can open themselves
- The items that have not been eaten will be left inside.

More info online:

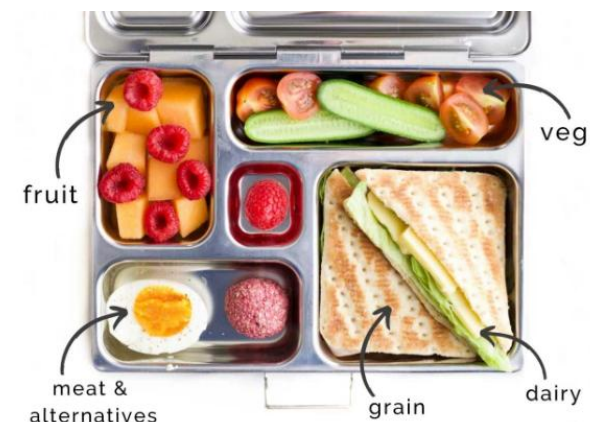
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Thank you for supporting safe, healthy eating at Emscote Infant School!

Parent and carer guide:

# Lunchboxes

Nutritious, safe and age-appropriate!



## Food Safety: Preventing Choking

Children under 5 are more likely to choke.



Please:

- Slice or grate apples, cut cucumber and carrots into batons (not slices)
- NO nuts, popcorn, raisins or marshmallows
- Consider removing the skin from fruit and vegetables. Peeled fruit and vegetables can be swallowed more easily.
- Cut small round fruits like grapes, cherry tomatoes and strawberries into small pieces: cut lengthways and then again to cut them into quarters.
- Remove hard pips or stones from fruit
- Grate or cut cheese into short strips. Cut lumps of cheese narrowly.
- Cut sausages in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.



Many children have allergies and intolerances, please ensure staff are aware of any needs. We are a NUT FREE school (this includes, peanut butter, hazelnut chocolate spreads (Nutella) and some cereal bars).

At school, we know that a healthy lunch helps your child stay focused and full of energy ready to learn and play. Here are some practical tips to help you prepare a lunch box that **safe, balanced and child-sized**.

*“Smaller tummies need smaller portions.”*

Ideas:

Main item	Fruit/Veg	Dairy/Protein	Snack
½ sandwich	Sliced apple	Cheese	Breadsticks
Mini wrap	Quartered grapes	Yoghurt pot	Rice cakes
Pasta Pot(cut)	Cucumber strips	Hard boiled eggs	Yogurt coated strawberries
Pizza strips	Pepper sticks		Malt loaf
Bagel	Orange segments		Oat cakes
Pitta /dips	Avocado		
Wrapped ham	Strawberries		
Chicken	Banana		
Crackers	Broccoli Stems		

Children are able to drink from their water bottle and have access to water to refill this. No glass bottles or fizzy drinks are permitted in school.

We are **unable to refrigerate lunchboxes**, please include ice packs in your child’s lunch box and do not include high risk items such as prawns and rice.