

Packed lunches

Please be aware that we are a 'nut free' setting and that no nuts or nut products should be placed into the children's lunch boxes. We are ensuring that all measures to reduce the risk to those children who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive are being taken.

We promote healthy eating at our setting so please do not put chocolate bars, sweets, or other confectionery in your child's lunch box. Please ensure your child's lunch box is clearly named, contains a drink and a spoon if needed. When the weather gets warmer as the lunch boxes are not stored in a fridge, please provide an ice pack if dairy products are in your child's lunch.

We thank you for your co-operation and request that parents and carers observe our nut-free policy and therefore **do not** include nuts, or any traces of nuts, in packed lunches:

- Nuts (including coconut)
- Food containing nut products – peanut butter, fruit and cereal bars, chocolate bars
- Chocolate spread sandwiches – some chocolate spreads contain nut extracts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame seeds)
- Cakes made with nuts



If your child has grapes, small tomatoes, or anything with a skin (sausages), please ensure they are cut in half lengthways as children are less likely to choke if cut in this way. Some larger items should be quartered. The Royal Society for the Prevention of Accidents have a slogan "if in doubt, quarter it". We have taken the decision that if parents/carers do not cut up their child's grapes we will return them untouched in their lunch box.

DON'T RISK IT, QUARTER IT



Choking is one of the leading causes of death for children under 3.
Even if your child is confident eating solid foods, a grape or a cherry tomato is just the right size to get stuck in their windpipe.

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