












LUNCH BOX INFORMATION

-  CHILDREN ARE GIVEN APPROX 30 MINUTES TO EAT LUNCH.
-  ALL CHILDREN HAVE TO WASH THEIR HANDS BEFORE EATING.
-  DO NOT PUT TOO MUCH FOOD IN & TRY TO MAKE IT HEALTHY.
-  PLEASE MAKE SURE YOUR CHILD'S NAME IS ON THE OUTSIDE OF THEIR LUNCH BOX.
-  ALWAYS INCLUDE AN ICE BLOCK ESPECIALLY ON WARM DAYS, AS WE CANNOT STORE LUNCH BOXES IN THE FRIDGE.
-  UNEATEN FOOD WILL BE RETURNED IN THE LUNCH BOX.
-  DO NOT INCLUDE SWEETS.
-  PLEASE REMEMBER SPOONS OR OTHER UTENSILS IF CHILDREN NEED THEM TO EAT THEIR LUNCH, AS WE ARE UNABLE TO PROVIDE THESE.
-  WHILST WE ENCOURAGE THE CHILDREN TO EAT THEIR FOOD, THEY ARE NEVER FORCED TO FINISH EVERYTHING. PLEASE DO NOT PUT IN FOOD THEY DO NOT LIKE!
-  PLEASE CUT GRAPES (TOP TO BOTTOM) AS THEY HAVE THE POTENTIAL TO BE A CHOKING HAZARD.
-  PLEASE USE PACKAGING YOUR CHILD WILL BE ABLE TO OPEN - SANDWICH BAGS (NOT KNOTTED) , FOIL AND CHILD FRIENDLY CONTAINERS ARE IDEAL.



Blakeney Pre-School

Lunchbox advice and guidance for parents



IDEAS FOR LUNCH BOXES

1. **SANDWICHES** -Remember you can use different types of bread - pitta bread, bagels, naan bread, chappatis, wraps, French bread etc.

~FUN SHAPED SANDWICHES ARE ALWAYS FUN TO EAT~

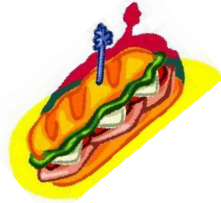
Fillings could include:



Canned fish (tuna, salmon, sardines)



Cheese



- o Egg
- o Meat (including lean ham or chicken)
- o Salad & vegetables eg: bean pate
- o Fruit (including dried apricots, mashed avocado, bananas)

ALTERNATIVE IDEAS TO SANDWICHES

- Pizza
- Samosas
- Sausages (please cut sausages top to bottom)
- Quiche
- Scotch Eggs
- Pasta
- Rice and vegetables



2. FRUIT & VEGETABLES

Fruit

Apples, satsuma, grapes, banana, strawberries, peaches, pineapple, melon, mango, plum etc -

please cut grapes (top to bottom)



Vegetables - cut into manageable sizes where necessary.

Carrots, sweet pepper, cherry tomatoes, cucumber, celery ~Serve with hummus or Greek yogurt

3. EXTRAS - choose one or two!!!



Yogurt



Fromage Frais



Cubed cheese



Seeds - sunflower, pumpkin, sesame



Popcorn (unsalted)

Homemade 'healthy' biscuit, scone, carrot cake

4. DRINKS

Please ensure your child has a drink in their lunchbox. No fizzy or energy drinks please



LUNCHBOX CHECKLIST

- o easy to open packaging ?
- o drink ?
- o cutlery if needed (spoon , fork etc)?
- o no sweets ?
- o Cool pack ?