



## Lunch Club

Welcome to our lunch club. We do hope your child will enjoy the experience of having lunch with other children from our group.

### Lunch Club Ethos

The main idea behind lunch club is to give children the opportunity to socialise with adults and children in a small group. In order to foster independence, staff will help and encourage children to feed and serve themselves.

Children will be encouraged to eat savoury foods before sweet. We recognise that some children can be fussy eaters and we are happy to help and support you in encouraging your child to eat a wide variety of foods. To protect children who have allergies or special dietary requirements food is never shared or swapped.

After lunch all children can enjoy a quiet activity.

### What to pack

- We ask that you provide your child with a healthy packed lunch.
- Please keep sweets and processed foods to a minimum.
- Please make sure that **tomatoes, blueberries and grapes are cut in half** (grapes lengthwise) to avoid the risk of your child choking on them.
- Please do not give your child more food than they would eat at home as we do encourage children to eat everything in their lunch box.
- Including a mini ice pack can help keep your child's food cool until lunchtime. Please note we do not have space to refrigerate lunch boxes.

### What NOT to pack

- Due to the rising number of children with nut allergies we ask that you **DO NOT PACK NUTS or nut products in your child's lunch box.**
- Water will be provided so there is no need to send a drink with your child's lunch.

To avoid confusion please clearly label your child's lunch box on the outside with their name.

If you have any questions or concerns, please talk to Carey, Lesley or your child's Key Person.