Norcox Early Years Centre

PACKED LUNCHES

Norcox Early Years Centre



Many children may not have eaten a packed lunch before starting nursery or eaten with a group of other children, meaning this could be a new experience for them. Here are some suggestions for how to support your child.



- We recommend that you put a small ice pack in your child's lunch box to keep food fresh, as **we cannot refrigerate lunches**.



- We understand that some children prefer hot food. **We are unable to heat food**, but you are welcome to put prepared hot food in a food flask.



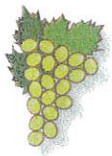
- Do not put too much food in your child's lunch box, as this can be overwhelming.



- Promote independence by choosing packaging and containers that your child can open themselves.



- **NO NUTS OR NUT PRODUCTS.**



- Avoid sweets, chocolate, biscuits, cakes, popcorn, marshmallows, fizzy drinks, and foods your child hasn't tried before.



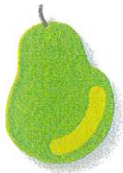
- Check sugar and salt contents to ensure they aren't too high, and make sure your child is having foods from each food group, e.g., protein, dairy, carbohydrates, fruit, and vegetables.



IDEAS FOR CONTENTS

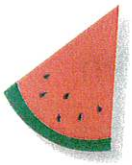


- A **drink** - preferably just a water bottle filled with water or a small carton of natural fruit juice.



- **Savoury** – chose from either:
  - 1 piece of bread/a small soft roll/wrap/chapatti with a protein filling such as cheese, meat, tuna or egg
  - Crackers with butter or cheese spread
  - Savoury rice
  - Pasta
  - Samosa/pastry based item e.g small sausage roll





- **Additional savoury** (If required) – either:
  - Vegetable sticks (carrots, peppers, celery, cucumber), cherry tomatoes (cut in half)
  - Cheese/meat/egg
  - Bread sticks/rice cakes







- **Fruit** choose from either:
  - Grapes or berries cut in half, banana, small satsuma peeled, apple cut into batons,
  - melon/pineapple/mango/plum/peach cut into pieces.





- **Other** (if required)
  - Small yogurt or fromage frais
  - Small no added sugar pot of jelly

Please ensure all lunchboxes are clearly labelled with your child's name.

Finger food without the FEAR

child accident prevention trust

Breath, chew, swallow – seems simple enough, but babies and toddlers are still learning which comes first!

That's why it's so easy for food to get stuck.

Things to remember:

Round food is not our friend

- Avoid round food - cut grapes, cherry tomatoes, cherries etc in half lengthways and ideally in quarters
- If you get the fruit bags with grapes when out – ask for a knife to go with it

Think long and thin

Anything smaller than a two pence piece can get stuck

- Narrow batons are best for vegetables like cucumber, carrots or celery
- Hot dogs are big culprits so cut them in half and lengthways (really narrow)
- Lumps of meat or cheese need to be cut as narrow as you can





Save the hard stuff for later

- Things like boiled sweets, ice cubes or cough sweets are too big and slippery for young children so avoid them
- Nuts, popcorn and other similar snacks are best kept until children are a bit older and more competent eaters

Take it easy, tiger

- It's never too soon to start teaching children to sit still when they eat. You're likely to sound like a stuck record, but it's worth the effort as really reduces the risk
- Remind children to chew what they have in their mouths before putting more in ... little, by little