

LUNCH CLUB GUIDELINES

If your child attends our Lunch Club, it would be very much appreciated if you could bear the following in mind:

- Your child's lunch box should be clearly labelled **ON THE OUTSIDE** of the box with his/her name.
- We do not have the facility to put the lunch boxes into our fridge. If your child's lunch box contains yoghurts or other perishable food you might like to put a freezer block into the lunch box to ensure the yoghurt or food item stays 'fresh'.

The lunch club is a very sociable occasion, where the children enjoy sharing time eating their lunch together. We ensure that hands are washed before the children sit down for their lunch.

Please **DO NOT** include the following items in your child's lunch box:

- Any products containing **NUTS** in any shape or form (in 'breakfast bars', cakes, peanut butter, etc. etc.) or **SEEDS**. We have children attending the pre-school who have a severe reaction to those ingredients
- No sweets (chocolate coated bars are ok as a 'pudding')

Please **DO** include the following in your child's lunch box:

- Drinks in drinking bottles rather than cartons/pouches. Unless you know your child will drink a whole carton/pouch of drink, more often than not most of it gets thrown away. We will provide your child with a drink of water or milk if there is no drink provided in their lunch box.
- Food items your child likes and is going to eat. Whereas we encourage our children to eat the contents of their lunch box, a lot of food does go to waste.
- Food in suitable amounts (not mountains). You know how much your child is going to eat, so please do not 'overfill' his/her lunch box.
- 'Healthy foods' – it would be great if you could include a portion of fruit and/or a portion of vegetable in your child's lunch box.

Please NOTE that all cherry tomatoes, grapes, olives and blueberries need to be cut into four pieces please. The staff will not be able to cut any food up during the Lunch Club due to the number of children attending. Due to choking HAZARDS, any food items in your child's lunch box that need to be cut up will be sent back home with your child.

If your child has any food allergies, please let a member of the Ladybird Team know as soon as possible. If you have any question, comments or concerns please talk to your child's key person or a member of the Ladybird team.