



## Lunch at pre-school



You know your child best when it comes to what they like to eat and how much, but this may be of some help and advice to make your child's lunch box healthy, fun, include variety and some cost saving tips too.

It's important to make sure the lunchbox your child takes to school provides healthy and balanced foods containing the nutrients that a child needs. You can also show your child that eating away from home is not all about treats and sugary foods. We can help the children open their lunch boxes and any packets but we do encourage them to self-serve. We also encourage them to eat their savoury items before sweet items. Staff stay with the children and this encourages lots of chat and interaction.

If you would like any more help or advice please ask a member of staff.