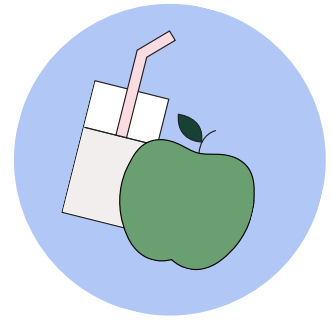


CHILDREN'S NURSERIES

Lunchbox Guidance

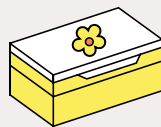
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Lunchtime is a happy, relaxed time where children socialise together with adults in small groups.



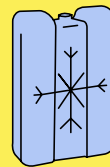
We encourage children to be as independent as possible when eating their meal. Here is some helpful guidance on how to pack your child's lunches for their time at nursery.

Please help us by providing the following items:



Suitable lunchbox

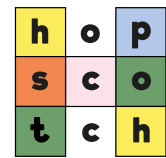
Clearly labelled with your child's name. Pots must be labelled too.



Ice brick

To keep food cool and safe

★ We are a nut free nursery. Please do not include items such as peanut butter, pesto, Nutella or other nut-based foods. If you would like more information on this please do not hesitate to ask so we can provide more guidance.



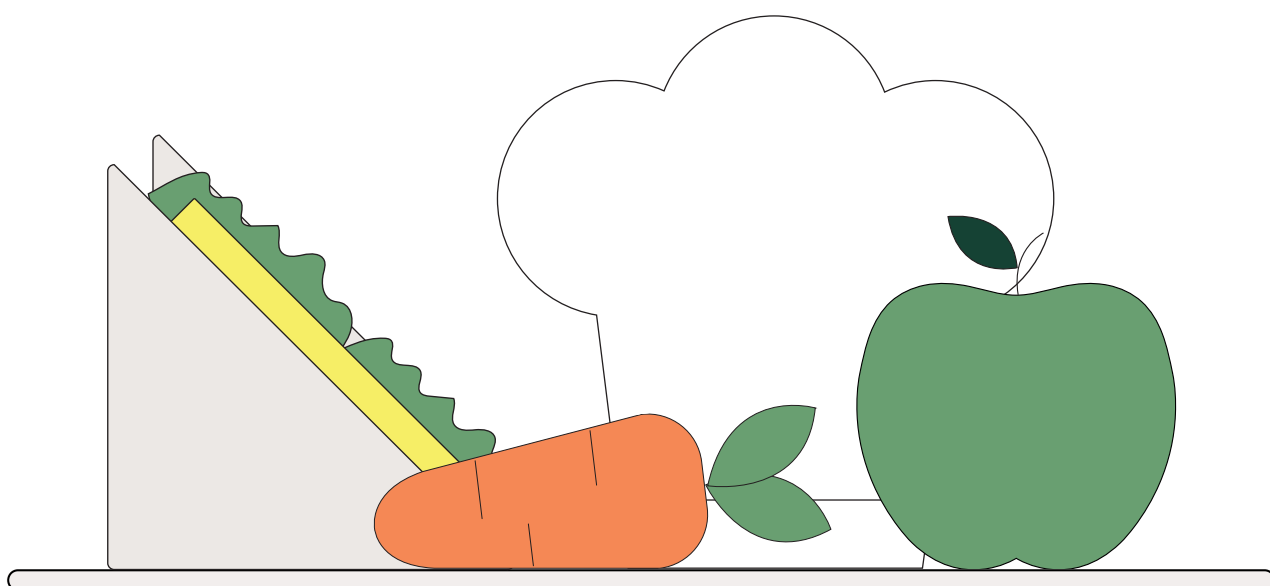
★ Children can be overwhelmed by too much food in their lunchbox. We encourage your child to eat as much as they would like and uneaten food will be put back inside their lunchbox. This can help you estimate how much to pack for your child's next session.

★ We will store all packed lunches in our fridges and can heat up meals as required. If you provide food which needs reheating, please ensure it is robust enough to withstand being reheated at 75 degrees centigrade to comply with Environmental Health requirements.

★ If you would like us to reheat a rice dish please ensure it has been cooled quickly and safely. Leaving cooked rice at room temperature allows bacteria to multiply so its best to cool cooked rice under cold running water and/or place it into the fridge after 10 to 20 minutes. Cooked rice should be eaten within 24 hours of cooking.



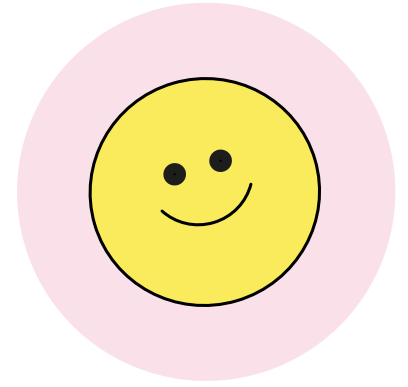
- ★ If food has been frozen, please ensure it has been defrosted at home and completely thawed (ideally in the fridge) when brought into nursery before heating and serving.
- ★ Please do not pack chocolate bars, sweets or fizzy drinks, as this does not align with our approach to healthy eating.
- ★ Crisps are high in fat and salt so we encourage you to not include them in packed lunches. However, if you do wish to do so, please place a small amount into a pot. Please do not include popcorn in your child's packed lunch as this is considered a high choking risk.
- ★ The nursery will provide water and milk. We are not able to accept juice and smoothies.
- ★ Please help us by preparing your child's food ready for them to eat. For example, please cut sandwiches into small pieces and ensure they do not contain more than two slices of bread. Please prepare fruit by slicing apples and choking hazard foods like grapes and cherry tomatoes into quarters. Items such as cheese or cocktail sausages should be cut into slender baton sizes.
- ★ Hopscotch does not accept responsibility for any illness caused from food provided at home.



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Speedy & Healthy Packed Lunch Ideas

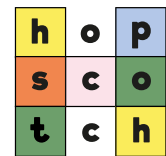


Thinking of healthy and exciting packed lunch fillings can be a daily challenge.

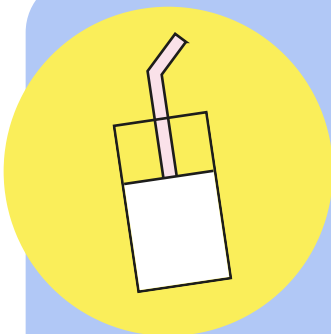


Cutting out foods that are high in salt and sugar helps create a healthy lunch for your child. Simply swapping crisps, sweet biscuits and chocolate bars for foods liked dried fruit, chunks of cheese or a low sugar yoghurt can make a big difference to your child's diet.

Here are some tasty, healthy ideas:

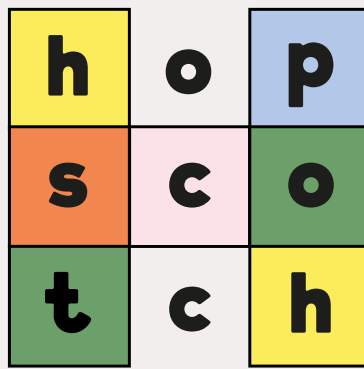


- ★ Wraps - Tuna, Chicken, Cream Cheese
- ★ Baked Potato with Beans, Cheese, Tuna, or Cream Cheese
- ★ Couscous with Feta, Tomatoes, Roasted Peppers
- ★ Cream Cheese and Crackers
- ★ Soup with Bread/Pitta
- ★ Cheese (Grated or in Slices)
- ★ Wholemeal Bread Sandwiches
- ★ Low-Sugar Yoghurt with Satsumas or Bananas
- ★ Fruit - Whole or Cut Up (grapes should always be quartered)
- ★ Wholemeal Pitta Bread and Dips
- ★ Carrot and Cucumber Sticks (for older children)
- ★ Breadsticks or Corncakes
- ★ Cold Pasta with Tuna or Cheese & Mini Tomatoes (quartered)



According to NHS Choices a balanced lunchbox should contain:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yoghurt
- Vegetables or salad and a portion of fruit



Have some questions?

You can speak to your nursery manager, or email our Head Office at office@hopscotchmail.com

