



## Parkside Pre-School -Lunch Club

- Lunch Club is held every Monday, Tuesday, Wednesday, and Thursday from 12.00 to 1.00pm at a cost of £6.00.
- 30 - hour children have Lunch Club included in their funded hours.
- Children who are not staying for the afternoon session must be collected punctually at 1.00 pm.
- Payment must be made in advance and, as with session fees, will not normally be refundable should your child not attend for any reason.

Lunch is an important meal of the day for young children as it needs to provide energy and nutrients to keep them going throughout the afternoon. A balanced packed lunch should include, if possible:

- At least 1, but no more than 2, portions of starchy food:  
Wholemeal bread, rolls, wraps, bagel, pasta, potatoes etc.
- At least 1, portion of vegetables:  
Carrots, celery, cucumber, peppers, broccoli, etc.
- 1 portion of fruit:  
Apple, banana, strawberries, satsuma, blueberries, grapes, avocado, tomatoes etc.
- 1 portion of protein:  
Meat slices, fish (tuna, salmon etc) eggs, hummus, non-meat alternatives etc.
- 1 portion of dairy:  
Plain yoghurt, cubed cheese, rice pudding, custard pot etc.

Please be aware some foods may pose a choking risk, these include **GRAPES, CHERRY TOMATOES, OLIVES, BLUEBERRIES (large)**. Please cut into quarters or refrain from putting it in your child's lunch box if you are unsure.

**Please do not include kiwi fruit, peanut butter, any nuts or nut products, sesame or poppy seeds, Nutella, fizzy drinks, and glass bottles in your child's lunch box.**

**Please do not provide a sandwich made from bread containing nuts or seeds for your child as we have children at pre school with severe allergies.**

Lunches should be brought in a suitable named container (no glass) and perishable food kept cool with an ice pack (or if you do not have one, a frozen drink carton, which will thaw in time for your child to drink after their session). You do not need to provide any cutlery. We do not warm food up. Any uneaten food will be returned to you. Please bear in mind that children will also be invited to a morning and/or afternoon snack.

Water is provided. We would prefer for reasons of practicality that no cartons or bottles of drink are included in your child's lunch box. Provision of water is overseen by staff and is the healthiest drink for children.

Whilst this might be your child's first experience of eating without you we would like to reassure you that your child is supported by staff who give the necessary support while encouraging your child to become independent.

We have created an enjoyable social and learning experience during the Lunch Club. We talk to the children about the benefits of healthy eating and physical activity. We explain how important it is for them to eat their lunch as this will provide them with energy for an active and enjoyable afternoon session.

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I would like ..... to attend Lunch Club on

Mondays/Tuesdays/Wednesday/Thursday\*.

Please sign below to indicate your understanding and acceptance of the above conditions:

Signed: .....

Date: .....

(\*Delete as appropriate)