

## Healthy Eating

As a nursery we encourage children to bring in a healthy packed lunch, could you please work with our policy to ensure your child brings in a well balanced lunch.

Unfortunately, if your child brings in sweets, fizzy drinks, lollies, donuts etc. this will not be given to your child at lunch time and will be left in lunch box.

Children are offered a healthy snack and milk during their time with us at 2:30 and offered water throughout their day.

The list of food below is a recommendation of what food we'd like to see in lunch boxes:

Sandwiches, rolls, wraps, bagels, crackers, rice cakes

Crips

Cheese

Fruit

Vegetable

Yoghurt

Low sugar snack bars, cereal bars.

If you'd like more information, please refer to our healthy eating notice in the porch.