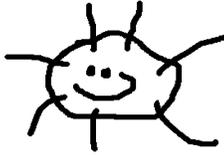


# Wanborough Playgroup



## GUIDE TO LUNCH CLUB AND PACKED LUNCHES

Our lunch club operates from 12.00pm until 1.00pm on every day except Wednesday. Children will play a game, sit down for register (which includes our “how are you today” song, go to the toilet, wash their hands and then settle down to eat their lunch with their peers and adults.

They will have approximately 30 minutes to eat their lunch and enjoy the conversation of others at the Table.

We hope your child will enjoy their lunch with us. Packing a lunch for little ones can be a challenge so here are some tips:

- **Try using left over pasta and rice as the base for a salad. Mix with chopped vegetables or fruit in an air tight container.**
- **Potato salad is great with cheese or chicken cut into small chunks**
- **Try making tuna pasta with macaroni which is really soft and small enough to eat easily.**
- **Include favourites like sweetcorn and raisins.**
- **Fruit salad is great with Greek yogurt How about a dip with chopped veggies – carrot Sticks, celery, cauliflower, baby sweetcorn or pepper sticks.**



If you've got any other great ideas, we'd love to hear from you. Let us know in person or pop your ideas down on paper and hand them to a member of staff.

Just to let you know:-

- We operate a “healthy eating” regime at Playgroup and do not give children food items that are high in: fat, sugar or additives.
- Lunch Club Staff always bring a healthy lunch to set a good example to children and we would ask that where possible you support us by limiting the amount of items that contain high amounts of: fat, sugar or additives.
- The children and adults eat their “healthy choices” first and their “treat” afterwards
- Try to limit cakes, biscuits, crisps and other sugary/salty food to one or a maximum of 2 items
- Don't forget to label your little one's bag or Box in a prominent place
- Please get your child to place their bag/box on the snack table as you enter the room.
- We will **NOT** be refrigerating your Child's lunch so please think about packing their food in a cooler bag with an icepack if possible. We are also unable to warm up foods.
- Don't forget a spoon for yogurts or a fork for rice and pasta!
- Please put a drink in for your child
- On a green note, reusable containers are preferable to throw away packets and bags.
- Don't be afraid to put small portions if your child has a small appetite. No need to put huge portions or loads of variety if your child will struggle to eat it all. We do provide morning snack for the children and some of these can be big and filling.
- Cereal bars are low in fat and can be a healthier alternative to confectionery. Be aware that these can have high sugar content and are harmful to teeth.
- Dried fruit e.g. raisins and dried apricots, are easily added to lunchboxes and count towards your child's fruit and vegetable intake. However, some dried fruit are sweetened with added sugar and these should be avoided.

## HALF EATEN FOODS

We put half-eaten foods back in your child's lunch bag or box. This is so that you can see what they have eaten. If they have eaten everything of course we will simply throw away any empty packaging.

## FOOD SAFETY

Please bear in mind that we may have children with food allergies or special dietary requirements. Children will not be allowed to share food from other children's lunchboxes. In some instances, as an additional safety measure we may place a list of foods to be avoided on the notice board. Thank you for helping us with this.

## 7-POINT CHECKLIST FOR PREPARING A LUNCHBOX

### 1. HAVE YOU GOT SOMETHING FROM THE BREAD, OTHER CEREALS, POTATOES GROUP?

Ideas:

Bread and bread rolls, bagel, pitta bread, French stick, crisp bread and crackers, pasta and rice salads.

### 2. HAVE YOU GOT SOMETHING FROM THE FRUIT AND VEGETABLE GROUP?

Ideas: Salad in sandwiches and rolls, cherry tomatoes, apples, pears, satsumas, bananas, grapes, melon, kiwi, plums, nectarine, canned fruit pieces (in juice), raisins, dried apricots, dish of fruit salad, fruit smoothies and pure fruit juices.



### 3. HAVE YOU GOT SOMETHING FROM THE MEAT, FISH AND ALTERNATIVES GROUP?

Ideas: Slices of ham, chicken and turkey, boiled eggs, canned tuna and salmon or houmous.

### 4. HAVE YOU GOT SOMETHING FROM THE MILK AND DAIRY FOOD GROUP?

Ideas: Milk, cheddar, Edam, cheese triangle, low fat soft cheese, cottage cheese, fruit Yoghurt, fromage frais, drinking yoghurt, pots of rice pudding.

### 5. HAVE YOU GOT A DRINK?

Ideas: drinking yoghurt, smoothies, Fruit juice, sugar-free squash and water.

### 6. ARE THE PORTIONS THE CORRECT SIZE?

Remember your children only have small hands, mouths and tummies. At Playgroup we encourage the children to eat up all their packed lunch. They will bring home what they don't want or can't eat so you can monitor what they have eaten. Please put in the amount of food you would normally expect your child to eat. Cutting up food like sandwiches and fruit into small manageable child size pieces are a good idea because children can be put off if they have to tackle a too large portion.

### 7. ARE THE FOODS FAMILIAR?

Please put familiar foods prepared in their usual way in the packed lunch, for example if you usually peel the skin off fruit or cut crusts off bread please do so for their packed lunch. Playgroups packed lunches are **not** a good time to introduce new foods for the first time to your child. It may be upsetting for the child if they are hungry and don't like the food they have been given. Playgroup staff will assume that anything you put in your child's lunchbox is something they are happy to eat!



Staff are always happy to talk to you about lunch box suggestions!