



Appletree Nursery School
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9th June 2021

Dear Parents & Carers

We are writing to all parents and carers of children who stay for lunch to ask that you to support us in following our policy of encouraging children with healthy eating and good oral hygiene to prevent tooth decay.

An ideal healthy packed lunch may include:

- A savoury main course, i.e. a sandwich, sausage roll, pasta etc., a piece of fruit or a bag or tub of fruit, a dessert such as a yogurt and/ or a packet of crisps or savoury snack.
- **Please do not send chocolate bars, chocolate biscuits, sweets or fizzy drinks. These will be returned home.**
- Please ensure grapes and cocktail sausages are cut length ways not across, to reduce any risk of choking.
- Please ensure you provide a drink for your child.
- Please provide a spoon for your child to eat their pasta, yogurt, jelly or similar. If more than 1 spoon is needed, please could we ask that you provide this.

Children receive a snack and a drink of milk or water in the morning and again in the afternoon, so please do not worry that your child may become hungry or thirsty. On hot weather days, please be assured that children will be given additional drinks of water to keep them hydrated.

Thank you for your support in helping us to encourage healthy eating for all our children and prevent tooth decay.

If you have any questions, please ask a member of staff or please feel free to contact me at nursery school.

Yours sincerely

Mrs Cooper