

Tuesday 14th April 2026

Dear Parents/Carers

At our school, we are committed to supporting children's health, wellbeing, and safety. We strongly encourage all children to have the hot, nutritious meals prepared on site, which are carefully planned to provide a balanced and healthy diet.

However, if you choose to provide a packed lunch from home, we kindly ask that you follow the guidance below to ensure food is prepared safely and appropriately for young children. Please remember that children under the age of five are at a greater risk of choking, as they are still developing their chewing and swallowing skills. For this reason, it is very important that foods are prepared in a way that reduces this risk.

Young children can choke on many types of food, so please follow these safety recommendations when preparing your child's lunch:

- Remove any stones and pips from fruit.
- Cut small round foods such as grapes, strawberries, and cherry tomatoes lengthways and into quarters.
- Cut larger fruits like melon and hard fruits or vegetables such as raw apple or carrot into thin slices rather than small chunks.
- Do not give nuts or whole seeds to children under five years old.
- Remove bones from meat or fish.
- Cut cheese into thin strips rather than chunks.
- Cut sausages into thin strips and remove the skins (please note that sausages should generally be avoided due to their high salt content).
- Consider providing wholemeal or toasted bread, as white bread can form a doughy ball in the throat. For very young children, please cut all types of bread into strips.
- Do not include popcorn, marshmallows, jelly cubes, or hard sweets, as these can easily get stuck in a child's throat.

In addition, if you are sending a packed lunch, please remember that we follow a No Sugar policy at school. This means that packed lunches should not include crisps, biscuits, sweets, or sugary snacks, and children should bring water only as their drink.

These guidelines help us maintain a safe and healthy eating environment for all children. We appreciate your cooperation and support in following these recommendations.

If you have any questions about packed lunches or our meal provision, please do not hesitate to speak to a member of staff.

Thank you for your continued support.

Yours sincerely
Mrs Wegrzyn
Healthy School Lead