**Foods Not Allowed at Preschool**

If a child with a serious allergy attends Preschool we will notify parents of additional items which will be prohibited.

**These items will be removed from the lunchbox and returned at the end of the session. These are prohibited due to high sugar and/ or salt content which is seriously detrimental to children’s health.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sweets** | **Lollipops** | **Squash** | **Fizzy Drinks** |
| **Fruit Shoots.** | **Large sausage rolls** | **Large pork pies** | **Bars of Chocolate** |
| **More than 1 cake or biscuit** | **Packets of crisps** | **Lunchables** | **Corner yoghurts and chocolate mousse** |

Children are encouraged to eat their healthy savoury food first. Treats and unhealthy options are removed and given, under the discretion of supervising staff, after healthy options have been eaten.

We use lunch times as an opportunity to talk about healthy foods and living.

This list may be subject to change.

**Suggestions for lunches**

To avoid waste please do not send in more than your child normally eats.

Many children do not eat crusts on bread, if this is the case, cut the crusts off. We have found that most children take only 1 bite of the quarter and discard the rest.

Sandwiches, wraps, pitta bread, crackers, naan bread, flat bread with fillings.

Pasta, rice, couscous, noodles or tabbouleh.

Dips with vegetables or bread sticks.

Falafels

Cold Pizza, tortillas (Spanish omelette), frittatas

Savoury muffins

Salad

Vegetables e.g. carrot sticks, cucumber sticks, pepper strips

Fruit, please ensure cherry tomatoes and grapes are halved.

Fruit yoghurt, rice pudding, sugar free jelly.