



Acorn Playgroup and Pre-School

LUNCH CLUB

Acorn is a Nut Free zone!!

Acorn offers lunch club for children from their third birthday. Children can attend lunch club from 12-1pm using their funded hours or at a cost of £7.70 per session. Lunch club can also be incorporated into a full day session or added to the start/end of the morning and afternoon session (depending on availability).






Lunch club is an opportunity to help children develop independence and social skills by encouraging them to sit at a table with their friends whilst eating their lunch, supervised by the staff. Lunch club is good preparation for the children who will be staying for lunch when they attend primary school.

Please send your child's lunch in a named, insulated, chilled (if possible) lunch box/bag. The lunch boxes will not be refrigerated at Acorn, but will be placed in a designated area until lunch time. During the summer month's we would recommend placing an ice or cool pack into your child's lunchbox to ensure the contents remain at a suitable temperature. There will be the opportunity for the children to play inside or outside once they have finished their lunch.

In keeping with the Acorn's Safety and Nutrition and Safer Eating policies, please can you provide your child with a healthy packed lunch and strictly adhere to the following: -

- **No nuts; products containing nuts or manufactured in a nut environment**
- **No shellfish**
- **No fizzy or diluted drinks**
- **No sweets**
- **No chocolate or chocolate products**
- **No popcorn**
- **No raw jelly cubes**
- **No marshmallows**

Parents carers are advised to prepare food in a way to prevent choking and staff are vigilant to ensure foods sent in snack pots and packed lunches have also been prepared safely. Firm, spherical foods like grapes and cherry tomatoes must be sliced into quarters or segments. Cylindrical foods such as cucumber, bananas, carrots and cocktail sausages must be cut according to the table below. This guidance on food safety for young children – <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/foodsafety> includes advice on food and drink to avoid, how to reduce the risk of choking and links to other useful resources.

FOOD	Choking Hazard		Method of Preparation
	Cylindrical	Spherical	
	✓		<u>ONLY SKINLESS OR SAUSAGE MEAT TO BE USED</u> <u>Cylindrical foods should be cut length ways first and then sliced creating semi-circular pieces</u>
	✓		
	✓		
		✓	<u>Spherical foods should be sliced into half then sliced again into quarters/ segments.</u>
		✓	

Fruits

	<ul style="list-style-type: none"> Remove all peel and "stringy bits" Ensure each segment is PIP free Cut each segment into smaller 1/3's. This Prevents choking on large bits or skin.
	<ul style="list-style-type: none"> Ensure CORE & PIP free Ensure sliced ½ then ½ again CONTINUE to ½ each segment until FINLY cut into THIN Segments PEEL SKIN FOR YOUNGER CHILDREN AND ANYONE ELSE WHO IT MAY BE APPROPRIATE FOR

We may at any time have a number of children attending Acorn with food allergies, therefore we need to be extra vigilant about food that is brought into the setting. An allergic reaction could result in a child becoming extremely ill and, in some circumstances, can be life threatening if a child touches or ingests certain foods.

Please note that any food item that has been removed from the original packaging MUST BE CHECKED BY PARENTS, WHO MUST WRITE ON THE PACKAGE OR SUPPLY A NOTE CONFIRMING THAT IT DOES NOT CONTAIN NUTS OR MANUFACTURED IN A NUT ENVIRONMENT.

For example: - If you send in two biscuits or crisps from a larger pack.

If sending in homemade cakes etc please include a note confirming that it does not contain nuts or products containing nuts.

If the packaging of a food item states that it has been manufactured in a nut environment or that they may contain nuts, the item will be removed and sent home.

Please check packaging information before adding to your child's lunchbox as children often get upset when they cannot eat what you have sent in.

Keeping everyone safe and healthy is very important to us, therefore we really appreciate your help and support.

We hope your child enjoys their new experience of our lunch club.