

## **Healthy Eating and Food Safety Parent Partnership**

### **HEALTHY EATING**

At Kiddicare nursery, we believe it is so important to build a partnership with all our parents and carers to provide nutritionally valuable food for our children's lunches (if they prefer to provide food from home) and that lunch times are safe and hazard free.

"Please make sure you inform us of any dietary requirements and food allergies your child may have."  
No food can be heated on the premises.

### **HEALTHY LUNCH BOXES AND KIDDICARE RULES**

Remember children have little tummy's! Sandwiches, with protein such as cheese, meat Cream cheese are easy and healthy. Hummus with pita is simple and healthy too. Chopped vegetables or fruits to complete the food groups would be ideal.



### **NO to**

X Crisps.  
X Chocolate.  
X Cake,  
X Biscuits,  
X sweets

These are of little to no nutritional value and can cause harm to your child's health,

### **Useful Links**

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>  
<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

### **FOOD SAFETY**

#### **CHOKING PREVENTION**

Please chop food up, especially cherry tomatoes , grapes strawberries etc  
Cut sausages lengthways before cross ways as discs of sausages can block airways.  
No raisins as they are a perfect size and shape to cause a choking hazard.

### **ALLERGIES**

Don't put nuts into children's lunch boxes including pesto sauce. Nuts are a common allergy in children and can be fatal!

Occasionally we may ask for other food items to be banned from lunch boxes if there is a child with a life threatening allergy.

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I agree to support the Kiddicare Healthy Eating and Food Safety Partnership

Parent Signature:.....

Date:.....

