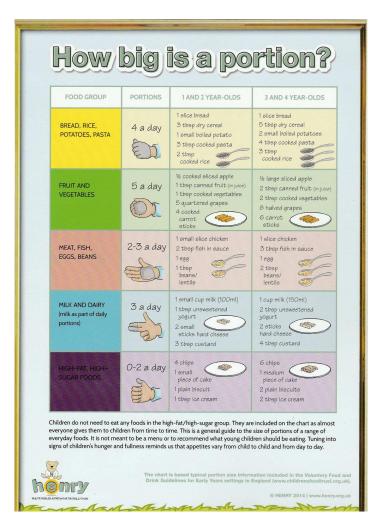
Dear Parents,

Firstly we hope you are all keeping well in these strange times.

We wanted to address something that some of you have raised recently, we have been asked if the contents of your child's lunchbox is appropriate in terms of quantity included.

In order to try and answer that question and to help you, we thought we would share with you some guidelines on portion sizes for pre school aged children. It is taken from HENRY, a national charity to help children to have a healthy start to life.



We try to promote healthy eating as it is an area of the Early Years Foundation Stage curriculum and an important subject and lunch time is a time where we talk about this with the children. Here is an idea of the sort of items that a healthy lunchbox could contain:

Sandwich or other savoury item (wrap, sausage roll etc) Small piece of cheese A piece of fresh fruit Yogurt or fromage frais

At Queens Road Pre School we are also mindful of the environment and the impact of single use plastic on the environment. We'd encourage you to try and avoid using packaged items as much as possible (cheese cut off a bigger block and fresh fruit are just two examples of this)

We hope this has helped answer some questions and please ask if you would like any further suggestions.

The Pre School Staff