

☀️ Helping Your Child Eat Safely and Healthily in Early Years ☀️

At our school, we want all children to enjoy mealtimes safely and to develop positive habits for healthy eating. This short guide explains how you can help keep your child safe from choking and ensure their packed lunch supports their wellbeing.

🛒 Packed Lunches from Home 🛒

If you choose to send food from home, please make sure:

- Lunches are healthy, balanced, and nutritious, following the *Eatwell Guide*.
- Foods are cut and prepared safely to reduce the risk of choking.
- All foods are clearly labelled with your child's name.
- Lunches are packed in insulated bags with an ice pack to keep food fresh and safe.
- As a precaution, please avoid nuts and nut products.

🥕 Safe Food Preparation – Preventing Choking 🥕

Young children are still learning how to chew and swallow safely. Please take care when preparing food and follow these simple steps:

Cut food safely:

- Slice grapes, cherry tomatoes, blueberries, and other round foods lengthways into quarters.
- Cut sausages, cheese sticks, and carrots into thin strips.
- Avoid hard or sticky foods such as whole nuts, popcorn, and hard sweets.
- Cut firm fruit or vegetables (like apple or carrot) into strips or sections rather than chunks
- Always remove bones, stones, and pips from meat or fruit.

Encourage safe eating habits:

- Children should sit upright while eating, never walk or play with food in their mouths.
- Allow time for children to eat slowly and chew thoroughly.
- Always supervise your child when they are eating.

🥗 Healthy Choices for Growing Children 🥗

Try to include:

- **Fruit and vegetables:** 5+ small portions per day
- **Carbohydrates:** 4 small portions (e.g. bread, pasta, rice)
- **Dairy or alternatives:** 3 portions
- **Protein:** 2 portions (e.g. eggs, beans, fish, chicken)

Avoid or limit:

- Foods high in salt, sugar, and saturated fat
- Fizzy drinks, sweets, and chocolate bars



Together, we
can make
mealtimes
**safe, happy,
and healthy**
for every child.

You can find family-friendly advice on healthy lunchboxes at:  [NHS: Healthier Lunchboxes](#)