

# Nether Heyford Pre-School – Lunchbox Guidelines

We have introduced a set of lunchbox guidelines to ensure we are working in partnership with our local primary schools.

## **Lunchbox basics –**

- Sandwiches **OR** Pasta Salad **OR** Sausage Roll **OR** Dairylea Dunker type product
- Fruit & Veg
- Yogurt or other dairy items, for example cheese including processed cheese
- 1 cake bar **OR** 1 chocolate biscuit bar **OR** 1 bag of chocolate biscuit products
- 1 small bag of crisps
- Diluted squash to drink **OR** water **OR** milk

## **Please avoid –**

Sugary foods & drinks, for example

- Chocolate spread
- Chocolate yogurts & desserts
- Sweets
- Chocolate
- Chocolate covered fruit
- Capri sun drinks
- Fruit shoots
- Ribena
- Fizzy drinks

## **Snacks at pre-school –**

We serve a healthy snack during the morning session at pre-school. There is a small charge of 50p per day which is added to termly invoices. If you prefer not to participate, you may send an extra piece of fruit to be eaten at snack time.