Safe Lunchbox Preparation Guide

Three Gables
Day Nursery & Pre-School

Carrot

Cucumber

Apple

Strawberries

Grapes

Cheese

Chapati

The table below provides guidance on key foods and nursery-approved preparation methods. In accordance with our statutory duty under the Early Years Foundation Stage (EYFS) framework (Sections 3.62 and 3.63), we need to ensure that all meals and snacks are: balanced, nutritious, and promote children's health and well-being; take into account children's dietary needs and allergies; and encourage healthy eating habits from an early age.

Vegetable and fruits	Preparation
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries and strawberries and cherry tomatoes into small pieces: cut lengthways and then again cut them halves (quarters)
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks and remove the skin.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. Soften them up by steaming or simmering.
Skin on fruit and vegetables	Remove the skin from fruit and vegetables. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Soften firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.

Meat and fish	Preparation
	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	**Preparation**
Grated cheese only	Grated cheese
Bread	**Preparation**
Brown bread and other breads	Chapatis, naan bread must be cut into strips

Foods not permitted:

- White bread – This can form a dough-like ball in a child's mouth and poses a choking risk.
- Popcorn – Choking hazard.
- Crisps – High fat content.
- Marshmallows – High sugar content and concerns for oral health.
- Chocolate or sweets – We follow healthy eating guidance and do not allow confectionery.
- Dried fruit – Not permitted in line with our oral health policy.
- Peanut butter – Not allowed for babies and young children due to allergy and choking risks.
- Jelly cubes – Choking hazard.

Drinks Permitted:

- Water – Fresh, plain tap water is always available throughout the day.
- Milk – Offered as an option during snack times.

We appreciate your support in helping us maintain a safe, healthy, and happy environment for all children.

If you are unsure about any item, please speak to the nursery manager.