



*We work,
we love, we learn,
we pray,
we spread the
Gospel message
everyday.*



ST PATRICK'S
CATHOLIC PRIMARY SCHOOL

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Snack and Lunch Boxes

At Nursery, we aim to provide a variety of healthy snacks, including different types of fruit, **vegetables**, and carbohydrates such as breadsticks, bagels, and crackers, with a choice of milk or water. During our daily sessions, children have a snack in the morning and again in the afternoon. Throughout the day, children have access to their water bottles, which we refill when required.

All children need to bring a named water bottle **filled with water only, as we operate a no-juice policy**.

Please note that if your child does not drink water, **please speak to a member of the Nursery staff**.

It is not our **intention** to tell parents what or how much they should be feeding their children; however, in line with the **Early Years Foundation Stage Nutrition Guidance**, we want to educate our children about healthy dietary choices and good oral health from an early age. We talk about which foods are good for our bodies and teeth and which foods should only be eaten in small amounts.

Children having lunch in Nursery, and those who choose to bring a packed lunch, need to have a named lunch box with a frozen ice pack.

A suggested packed lunch and portion size for **children aged 3 to 5 years** should include:

- 1 slice of 50/50 or wholemeal bread with a healthy filling, such as cheese, egg, tuna, **a healthy wrap, pasta, or crackers with cheese. Please do not include jam, chocolate spread, processed meats, sausage rolls, pepperoni, or packaged meat snacks such as Fridge Raiders.**
- 1 small piece of fruit, such as an apple, orange, banana, or grapes.
- Vegetable pieces, such as cherry tomatoes, cucumber, carrots, or peppers.
- Natural yoghurt or Greek yoghurt **(please provide a spoon if required)**.

Please do not include chocolate bars, biscuits, sweets, or crisps in your child's lunchbox.

To ensure the safety of all children, please do not include nuts or nut products, such as peanut butter, hazelnut spreads, or chocolate spreads containing nuts, in your child's lunchbox. To reduce the risk of choking, please cut

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foods such as grapes, blueberries, and cherry tomatoes into quarters lengthways. **Cutting them across the middle does not sufficiently reduce the choking risk.**

Please do not send marshmallows or popcorn, as these foods present a higher choking risk for young children.

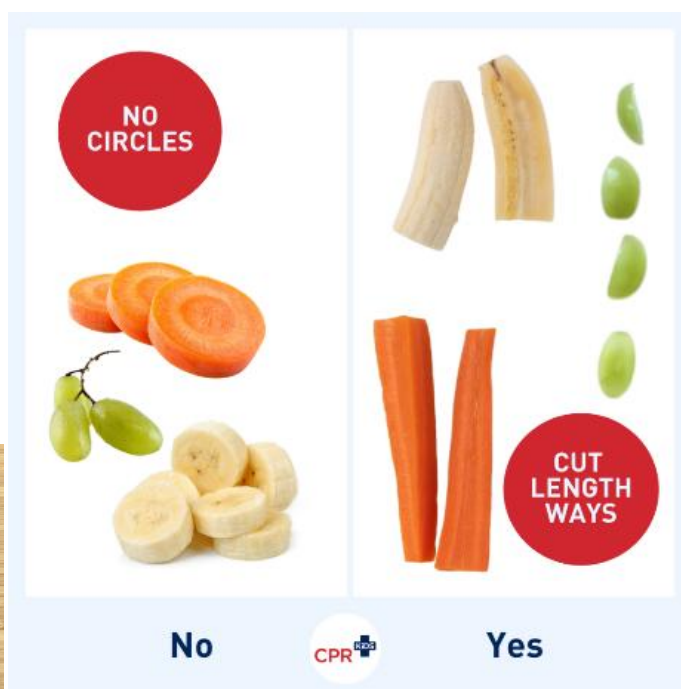
As a guide, a child's portion size should be no larger than the palm of their hand.



Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
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, strawberries and cherry tomatoes, into small pieces; cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.



Mrs Hunt

Nursery Teacher