Bourne Elsea Park CE Primary Academy
Sandown Drive, Bourne,
Lincolnshire PE10 0WP

01778 426968
bepenquiries@infinityacademies.co.uk
www.bourneelseaparkprimary.co.uk

Executive Headteacher:
Mrs L H Jordan

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Dear Parents and Carers,

Food in Schools Nutrition Guidance

At our school, we are committed to helping children develop healthy eating habits and enjoy a safe, positive lunchtime experience. In line with the EYFS Nutrition Guidance published by the DfE in May 2025, we would like to share some helpful information about packed lunches, snacks and food safety. Please find attached a copy of the latest Nutrition Guidance, which we use as part of our good practice.

Morning Snack
All KS1children are entitled to a free fruit or vegetable snack each day. This is typically apples, bananas, carrots, satsumas, tomatoes or pears. If you would prefer to send your child's own snack, please ensure it is fruit or vegetables only. If sending small fruits such as grapes, please make sure they are prepared safely to reduce the risk of choking.

All children under the age of 5 are offered free milk each day. If you do not wish your child to have milk, please let the class teacher know. Once your child turns 5, milk can be purchased through the Cool Milk scheme.

Packed Lunch Guidance
To help keep children safe and well-nourished throughout the school day, we kindly ask that:

- Food is appropriate for your child's individual developmental needs and prepared in a way that reduces the risk of choking.
- Perishable items, such as dairy products, cooked meats and filled sandwiches, are packed in an insulated lunch bag with an ice pack wherever possible.
- Your child's lunch bag is clearly labelled with their name.
- Packed lunches include a balanced selection from the main food groups: fruit and vegetables, starchy carbohydrates, protein foods, and dairy or fortified alternatives.

If ice packs are not available, the Food Standards Agency advises that some ready-to-eat foods, such as cooked meats, soft cheeses and pâté, should be eaten within four hours of being removed from the fridge and should not be re-chilled afterwards.

Helping to Prevent Choking
As children grow, they become more independent at mealtimes and enjoy a wider variety of foods. Whilst this is an important part of their development, children can still be at risk of choking. For this reason, we ask families to take extra care when preparing lunches and snacks.

Please consider the following guidance when preparing food:

- Grapes and cherry tomatoes are round and can block a child's airway. Please cut these lengthways and into quarters before giving them to your child
- Sausages and hot dogs should be cut lengthways into thin strips rather than round slices.
- Apples and other firm fruits should be cut into thin slices or manageable pieces rather than large chunks.
- Raw vegetables, such as carrots and cucumber, should be cut into sticks or small pieces. Very hard vegetables can be cooked until softer, where appropriate.
- Cheese should be cut into thin slices or bite-sized pieces rather than large chunks.

Children develop eating skills at different rates, so please consider your child's individual needs and abilities when deciding how food should be prepared.

Encouraging Safe Eating Habits
Safe eating is not just about how food is prepared, but also about how it is eaten. Please encourage your child to:

- Sit down while eating and avoid eating while walking, running or playing.
- Take small bites and chew food thoroughly.
- Avoid putting too much food into their mouth at once.
- Eat calmly and avoid talking or laughing with food in their mouth.

These simple habits can significantly reduce the risk of choking and help children enjoy their food safely.

As some of our children and staff have severe nut allergies, we are a **nut-free school**. We kindly ask that you check food labels carefully and do not send any products containing nuts into school, including foods such as satay chicken, hazelnut chocolate spread and other nut-based products.

Drinks Bottles
Please ensure your child brings a clearly named water bottle to school each day. Bottles should contain water only. If you wish to send juice, this may be included as part of your child's packed lunch for lunchtime consumption.

Celebrating Special Occasions
We know how exciting birthdays and special occasions are for children, and we love celebrating these milestones with them. However, in order to promote healthy choices and ensure fairness for all children, we kindly ask that families do not bring in food treats or alternative gifts to share with the class.

Thank you for your continued support in helping us create a safe, healthy and nurturing environment for all our children. By working together, we can ensure that every child enjoys their snack and lunchtime safely while developing positive habits that will benefit them for years to come.

Yours sincerely



Mrs Louise Jordan
Executive Headteacher