**Gibshill Children’s Centre**

**Information about Lunches**

The Care Inspectorate have shared new guidance that all early years establishments have a responsibility to follow to reduce the risk of choking for young children.

As a result, you may have noticed small changes to the nursery lunch options on the weekly menus to ensure that we reduce the risk of choking in the nursery and ensure the safety of all children.

To support us with this we kindly ask that you keep the following information in mind when preparing your child’s packed lunch.

**Preparing food for young children:-**

* Remove any stones or pips before serving.
* Quarter (length ways) small fruit and vegetables like cherry tomatoes, grapes and blackberries.
* Cut large fruits into slices rather than chunks.
* Think twice before offering very young children hard, slippery or sticky foods. If serving, these should be cut into small pieces.
* Peel the skin off fruit, vegetables, sausages

**As children under four years can choke on small, round foods – we kindly ask that you avoid putting these in your child’s packed lunch**

• Peanuts and other nuts

• Boiled sweets

•Hot dogs and other sausages

• Chocolate eggs with small toys inside

• Raw carrots

• Popcorn

• Sweet items such as mini eggs

**Thank you for your cooperation with this. If you have any questions, please don’t hesitate to speak to Janine or Jenna.**