

# Lunch Club Provision

The Lunch club offers children the opportunity to eat with their friends whilst extending their session time. By attending Lunch Club children will learn the following:

## Independence

Children will be encouraged and supported to do the following:

- open their own packaging
- cut their own fruit (all small items such as grapes should be pre-cut before sending in)
- Pour their own drink or use the water cooler

## Health and Hygiene

Children will be encouraged and supported to:

- wash their hands so they are ready to eat
- wash the plates they put their packed lunch onto so that it is ready to use again

## Recycle

The children will learn which bin their waste needs to go in:

- Black Bin: non-recyclables
- Green Bin: recyclable



Heath Lane Nursery

COMMUNITY · EDUCATION · DEVELOPMENT

# Lunch Club



Roots Federation

EDUCATIONAL EXCELLENCE FOR EARLY YEARS

# Packed Lunch Information

We currently have no facility to cook onsite so require all children to bring in a packed lunch. You will find information on providing nutritional packed lunches on our website.

## ALWAYS...

- start with smaller lunches and build up. Only add further items when your child starts eating everything. Sending in a very large packed lunch full of items can be quite overwhelming.
- include a piece of fruit or a vegetable

## DO NOT....

- send in anything with nut products in. We have staff and children with severe allergies
- send in fizzy drinks
- send in meat with bones

## WE PROVIDE....

- disposable cutlery-you do not need to send in spoons, knives or forks
- cups and fresh water



# The Routine

The children get ready to eat from 11.25am. The routine is as follows:

- Wash their hands
- Find their lunchbox
- Put their lunch on a plate

The children eat with friends and are encouraged to be as independent as possible with opening their food items and feeding themselves using utensils.

When they have finished eating they:

- Wash their plate
- Put their lunchbox in the box
- Choose whether to play inside or outside

At 12.25 they transition back into their key groups or get ready for collection.

# Fees

Lunch Club is £5 per session.

