Portishead Preschool offer a lunch club facility every day during term time, this enables children to attend all day from 9:00am-3:30pm.

Lunch club is charged at £4.50 each session (Charged termly, invoiced via email) a packed lunch and drink is required for your child.

At preschool we encourage children to eat all their packed lunch starting with sandwiches/savoury items first.

Please support us by providing healthy child sized food portions that are familiar to your child. Children sit at tables with their peers supervised by staff during lunch club, where we encourage good table manners, independence and social skills. Please support your child at home to practice opening/closing lids on drinks bottles and boxes as although products are designed and marketed for children, some containers can prove tricky for little fingers.

We promote healthy eating and due to allergies, do not allow products containing nuts such as Nutella, peanut butter or other similar items. We appreciate your co-operation in this matter to safeguard the wellbeing of all children who attend.

Please remember the following:

* Clearly write your child’s name on their lunchbox and drinks bottle
* Place an ice pack to keep lunch cool and fresh
* Provide a drink for your child (Not fizzy)
* A spoon for yoghurts
* Cut grapes and cocktail sausages in half lengthways and cut cucumber/carrots into batons to prevent choking.
* Please do not send in sweets, this is a treat that can be enjoyed at home.

Thank you ☺

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>