

TKC PACKED LUNCH GUIDELINES

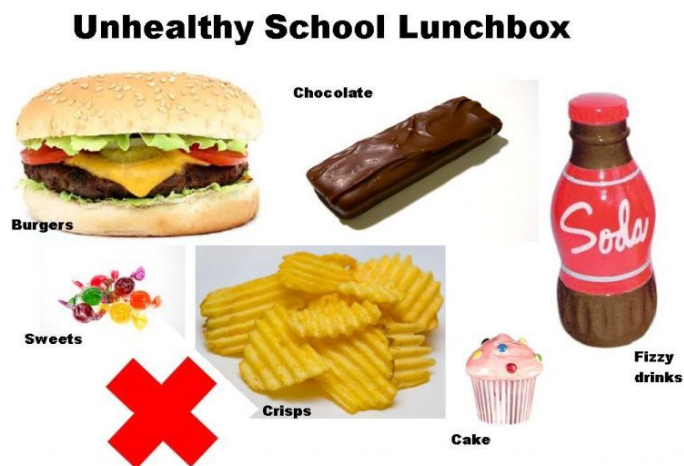
Children have the option to bring a packed lunch to nursery instead of paying for TKC meals. However, TKC have strict guidelines on what will be allowed into nursery.

A Healthy Packed Lunch

An example of a healthy lunchbox is shown below. Preferably these should include foods from all food groups. TKC will still provide water and milk for all our children.



Foods which **will not allowed** in nursery include the following:



TKC have responsibility to encourage healthy eating for all children, so please **DO NOT** add any of the above processed foods in your child's lunchbox. This includes chocolates, chocolate bars, biscuits *, any crisps, any foods containing **nuts**, drinks high in sugar, fizzy drinks, sweets and cakes *. Please do not bring takeaway foods such as burgers, chips and kebabs to nursery. Staff will send a notification to you on the Family app, and send home any items, which fall into the unhealthy school lunchbox category.

Please Note: * as part of the TKC Committee the children often vote/choose to make items shown above. These will be made available in moderation.