



HIGHFIELD NURSERY SCHOOL

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Executive Head Teacher: Sharon Lewis

Dear Parents and Carers,

NO NUTS!



We would like to inform you that we have some children with severe nut allergies in Nursery and we would like to ask you to ensure no nuts are brought into Nursery. This includes whole nuts, chocolate with nuts, biscuits with nuts, peanut butter, pastries with nuts, chocolate hazelnut spread, or anything with nuts in. If nuts are brought onto Nursery then they will be sent home.

EATING HEALTHY!

We are also encouraging children to think about being healthy and eating healthy at nursery. Thank you to all the parents who are providing the children with a healthy snack each day, its lovely to see many parents bringing in fruit and vegetables. Can I remind you if you brings grapes to ensure you cut them in half-length ways to reduce the risk of choking.



If you are staying for dinner, we are encouraging the children to have a healthy lunch box too! This should include:

- One starchy carbohydrates (bread, potato, rice, pasta)
- Include fresh fruit, vegetable or salad
- Include a side dish such as a low fat and lower sugar yoghurt (or dairy alternative)
- Include a drink such as water, sugar free or no added sugar drink.
- Avoid foods that are high in fat and sugar such as chips, cakes, sweets, chocolate, fizzy drinks, fruit shoots etc

Green Foods = Ok all of the time	Amber Foods = Occasional (once a week maximum – check policy)	Red Foods = Never, Please Do Not have these in your Lunchbox
<u>Fruit and Vegetables</u> Vegetable Sticks Salad (e.g. Lettuce, tomato, cucumber, carrot) Fresh Fruit (whole piece, slices, fruit salad) Dried Fruit Tinned Fruit in juice Carbohydrates Bread - wholemeal, 50:50 Other breads - Pitta, Bagel, English Muffin, Chapatti, Roti, Tortilla Wrap Pasta (e.g. pasta salad, leftover pasta bake) Rice Cous cous salad Plain Crackers and Crispbreads Protein Cold Cooked Meat - plain, marinated Tinned Fish Egg Houmous Bean Salad Dairy Cheese, cheese spread, cream cheese Yoghurt or Fromage Frais - Plain/Fruit flavour Other Jelly - sugar free Drink Water Plain Milk	<u>Savoury Foods</u> Pastries and Pasties - Cheese and onion slice, Sausage Roll, Samosa etc Pizza slice - homemade or supermarket (add extra vegetables) Small bag baked / low fat crisps (e.g. Quavers, Pom Bears, French Fries etc) Dairylea Lunchables Dairylea Dunkers Sweet Foods (comparable to a high sugar dessert) Plain biscuit (e.g. digestive, rich tea, malted milk) Small un-iced cake / cake bar / Malt loaf Cereal bar without chocolate	<u>Savoury Foods</u> Chips / Fries Hot or Cold Takeaway Food Crisps (including mini cheddars) <u>Sweet Foods</u> Chocolate Bars Chocolate spread Jam Chocolate yoghurts and mousse Sweets Chocolate covered biscuits and cereal bars Iced cakes <u>Drinks</u> Fizzy drinks - including diet ones Juice drinks - Capri Sun, Ribena, Rubicon etc (they often have as little as 6% fruit in them) Energy drinks - Lucozade, Red Bull, Monster, LSV etc

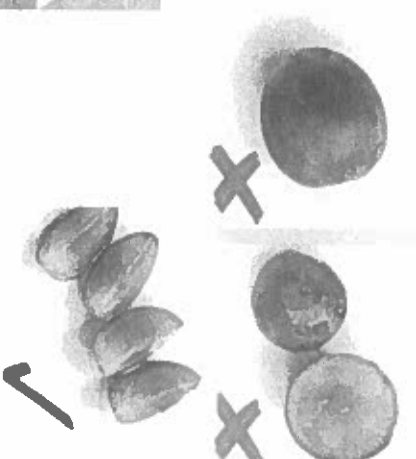
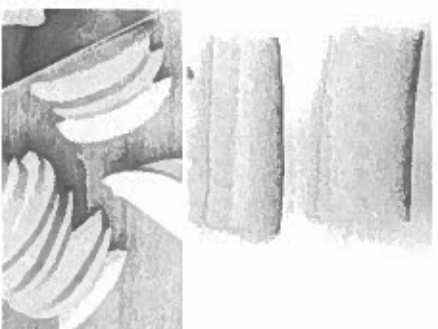
Ideas for Sandwich Fillings

- Tuna and sweetcorn / cucumber
- Ham, tomato and lettuce
- Cheese, tomato / cucumber
- Egg and cucumber
- Tikka Chicken and salad
- Cream cheese and tomato

Remember an Ice Pack!

For young children, food can be a choking hazard, especially when they do not chew their food well. Choking can happen with any foods.

When bringing foods to Nursery it would help us if you could please slice foods, as seen in the pictures below. Especially grapes, they should be cut into quarters.



Drinking Water



It is important that children drink enough during the day, so that they don't become dehydrated and tired. Water is available throughout the day at Highfield Nursery School.

Water and milk are the most suitable drinks for children.

Water: tap water, still bottled water.

Milk: semi-skimmed milk, will be provided by the nursery, which will be given out at the end of the session. **No flavoured milk allowed.**

Not suitable: fruit juices (including pure fruit juice), smoothies, sparkling water, squash, fizzy drinks, flavoured milk, drinks labelled 'no added sugar', diet or zero.

