



Lunch Club



Welcome to Sunnyside Playgroup Lunch Club!

Lunch club follows each session

Tuesday, Wednesday & Thursday 12-12.45pm, Friday 12-12.30pm

During Lunch club, qualified staff will supervise and encourage your child to eat the packed lunch you provide, at a group table with the other children. Any uneaten food or packaging shall be put in their lunch box, so you are able to see what has been eaten that day.

We provide supervised activities for the children to play with once they have finished their lunch until home time. Please ensure you arrive promptly for collection at the end of session to enable us to vacate the hall within our allocated time slot.

Your Packed Lunch:

- Please help us to promote healthy eating by providing a healthy packed lunch (We would prefer no chocolate/sweets or sugary drinks please!)
- We ask that your packed lunch does not contain any nuts / nut products in case of nut allergies within the playgroup.
- We advise that fruits such as grapes and cherry tomatoes are cut in half, as we do at snack time, to reduce the risk of choking hazard.
- Unfortunately, we are unable to heat food on the premises.

If you would like any suggestions of what to add to your lunch box, or alternative less sugary puddings/drinks, please speak to a member of staff or you can look at the advice given from the NHS campaign;

www.nhs.uk/Change4Life/Pages/healthy-eating.aspx

or

<http://www.netmums.com/family-food/food-for-kids/lunchbox-ideas>



How much does it cost?

Lunch Club is £5 p/session (£4 on Friday's), which can be paid with your half term fee's. This can also be included as part of your 15 hours government entitlement for the over 3 year olds.

Please do not hesitate to contact Heather or Hilary if you have any questions.