

Dear Parents,

04/09/2026

There has recently been some updated guidance from the Department of Education regarding safer eating for children aged 1-5 years old.

To ensure we are adhering to this guidance we would like to kindly remind parents of the following rules relating to snacks and foods that children bring in from home:

- Hard pips or stones must be removed from fruits and vegetables.
- Small, round fruits such as grapes, cherries, berries, strawberries and cherry tomatoes need to be cut into small pieces: cut lengthways and then again cut them in halves (quarters).
- Vegetables like carrots, cucumber and celery need to be cut into narrow batons.
- Sausages and hot dogs need to be cut into short strips. Cut them in half and then lengthways or as thinly as possible
- Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.

For more information and examples of this please follow this link

[Preparing Food Safely for Young Children](#)

If children bring unsuitably prepared foods into school, they will be stored safely and sent home at the end of the day.

We also kindly remind parents that we are a no nut school, this includes sesame seeds. We also have a pineapple allergy in school, so ask that no pineapple is brought in for snack. Children should also not bring sweets or chocolate as part of their snack/ lunch box.

We have attached some guidance from the food standards agency around preparation of key foods for parents and care givers to be aware of.

Many thanks

Mrs Cains and the EYFS Team

