Dear Parents and Carers,

Assalamu Alaikum,

I hope you are all well.

This is a polite reminder that Al Risalah Nursery is a healthy eating setting. We are committed to promoting healthy eating habits from an early age and encouraging children to develop a positive relationship with nutritious food.

Childhood obesity is an increasing concern, including within Wandsworth. Working together, we can help our children make healthier food choices and establish healthy habits that will benefit them as they grow.

We have noticed that some of the snacks and lunches brought from home do not always reflect our healthy eating ethos. We would therefore like to remind all parents and carers of our food guidelines.

Permitted snacks

Please send only the following snacks:

- Fresh fruit and vegetables.
- Plain breadsticks.
- Plain, savoury or unsweetened rice cakes.

Please ensure that foods which may present a choking risk, including grapes, cherry tomatoes and olives, are cut lengthways into quarters. Other foods should be prepared in an age-appropriate way in accordance with nursery choking prevention procedures.

Permitted lunch items

Suitable lunch options include:

- Sandwiches.
- Wraps.
- Pasta.
- Rice.
- Bread, roti and paratha.
- Savoury pancakes.
- Pizza.

Please ensure that lunch items are balanced, age-appropriate and do not contain excessive salt or sugar.

Foods and drinks that are not permitted

To support our healthy eating approach, please do not send:

- Crisps.
- Biscuits and cakes.
- Chocolate and sweets.
- Fizzy or soft drinks.
- Flavoured or sparkling water.
- Fruit juice.

Nut-free policy

Al Risalah Nursery operates a strict nut-free policy. Please do not send nuts or any food containing nuts, including products with nut ingredients. This is an important measure to help protect children with allergies.

Special dietary requirements

If your child has a special dietary requirement due to a medical condition, allergy or intolerance, please contact the nursery by email so that we can discuss and make appropriate arrangements to meet their needs safely.

What happens if unsuitable food is brought in?

If a child arrives with food that does not meet our guidelines, the nursery will provide a suitable alternative where necessary. The food brought from home will be returned to parents or carers, together with a reminder of our healthy eating expectations.

We appreciate that developing healthy eating habits is a partnership between home and nursery. Thank you for supporting our approach and helping us provide a healthy environment for all children.

For further ideas and inspiration, please visit the NHS Better Health – Healthier Families website:

https://www.nhs.uk/healthier-families/

Thank you for your continued co-operation and support.

Wa Alaikum Assalam,

Shazra Abbasi