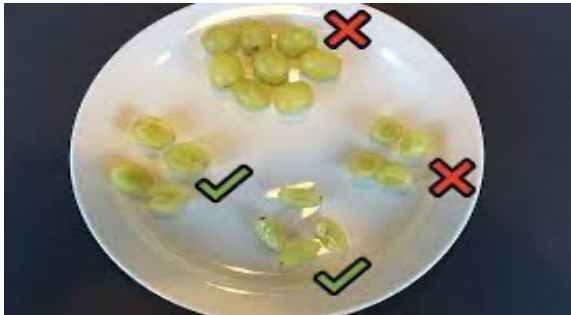




Dear Family,

Just a little note home around lunchboxes.

Grapes **should always be cut lengthwise** so they can pass more easily through smaller throats. And never width wise, because they'll still be big enough to choke on. You can either slice them downwards in half, or for small babies, young children you might want to cut them lengthwise again into quarters. Little stars request you always follow this guidance.



little stars Promote healthy lunch boxes,

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids> Fantastic ideas cutting down on sugar, even just 1 or 2 everyday swaps can really make a difference to how much sugar your child is eating.



Little Stars operate no nut product policy.



Thank you
Kind Regards Little Stars Team