



Stimpson Avenue Academy
Stimpson Avenue Northampton NN1 4LR
Telephone: 01604 346800
E-Mail: office@stimpson.emat.uk

Head of School: Mrs L Clapton
Executive Head: Mrs Z McIntyre

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Dear Parents and carers,

The Department for Education have made some adaptations to the EYFS framework with a focus on safer eating for children under five to help prevent choking. We have provided some guidance for you below on how to prepare foods safely for your children whilst at home or for packed lunches at school. If you require any more information, please speak to a member of the EYFS team who will be happy to assist or refer to the chart produced by the food standards agency linked [Food safety advice on choking hazards in settings - Foundation Years](#).



Your child's lunch box:

- Fruits such as grapes, tomatoes and cherries must be cut in half lengthwise and then quartered.
- Cut vegetables such as cucumber and carrots into narrow batons.
- Fruit should be cut into slices and peeled where possible.
- Large fruits like melons need to be cut into slices instead of chunks
- Popcorn, hard boiled sweets, chewing gum should not be given to children under five years old.
- Meat and fish need to be off the bone and cut into thin strips lengthwise
- Cheese should be cut into narrow strips do not chunk.



Kind regards,

S. Miles

Miss Miles
EYFS Lead



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