



Lunchbox Advice for the Tui Room

Your tamaiti – your child – is going to be starting in the Tui Room soon, where whānau are asked to provide a lunchbox each day. The Ministry of Education has released advice on food that minimises the risk of choking, so we have included this information for you to become familiar with the requirements before your tamaiti starts in the Tui Room.

At New Beginnings we are a strictly ***nut free centre***. This means no peanuts, tree nuts, nut butters, and muesli bars or bliss balls that contain nuts.

Recommended ***exclusions*** from lunchboxes are as follows:

- Large seeds
- Hard or chewy sweets/lollies
- Crisps, chippies, corn chips
- Hard rice crackers
- Dried fruit
- Sausages, saveloys, or cheerios
- Popcorn
- Marshmallows

Recommended ***alterations*** are as follows:

- Removing the skin from chicken
- Grating raw carrot, apple, or celery
- Cooking vegetables until soft
- Removing stones, large seeds, and pips from fruit and vegetables
- finely chopping, quartering or halving grapes, berries, and cherry tomatoes
- finely slicing or chopping salad leaves, spinach, and cabbage
- removing bones from food
- using smooth, thick pastes sparingly



This is the link to the Ministry of Health guidelines, which you will need to read and sign to acknowledge your agreement of these requirements -

<https://assets.education.govt.nz/public/Documents/Early-Childhood/Reducing-food-related-choking-pamphlet-print.pdf>

For those of you receiving this information in hard copy, please

If you have any questions or concerns about these guidelines, please speak to one of our kaiako or visit the Ministry of Health website for more information.

Ngā mihi mahana,

New Beginnings Team