



ST. MICHAEL'S CE (VC) FIRST SCHOOL

Weavers Lane
Stone
Staffordshire
ST15 8QB

T: 01785 334930

email: office@st-michaels-stone.staffs.sch.uk

Headteacher: Mrs J Wass BA (Hons) NPQH

Through God, We
Love, Laugh and
Learn.

12th October 2026

Dear Parents and Carers,

To support our healthy snack routine in Early Years and to ensure the safety of all children, we ask that if you choose to send fruit from home, it is prepared in line with current safe eating guidance. Young children are at a higher risk of choking, particularly on foods that are round, firm, or difficult to chew. The Department for Education's Early Years food safety guidance recommends that fruit is prepared carefully before being served to children in Nursery and Reception.

Please follow these guidelines if preparing fruit from home.

- Grapes, strawberries, cherries and cherry tomatoes should be cut lengthways and into quarters.
- Remove all stones and pips from fruit before sending it to school.
- Apples, pears and other firm fruits should be cut into thin slices rather than chunks.
- Where possible, remove tough skins from fruit for younger children.
- Please ensure fruit is washed thoroughly before being packed.

Examples of suitable fruit snacks	Please do not send
Sliced apple or pear Quartered grapes Peeled satsuma segments Soft berries cut as appropriate Melon cut into thin slices	Whole grapes Fruit with stones or pips Large chunks of hard fruit

We appreciate your support in helping us maintain a safe and enjoyable snack time for all children. If you have any questions about suitable snacks or food preparation, please speak to a member of the Early Years team.

Thank you for your cooperation.

Mrs Farrell
EYFS Leader

