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Packed Lunch

Leaflet

Staying for lunch at Pre-school is an exciting time as the children learn to eat independently. This leaflet aims to give you more information on what to pack to ensure your child enjoys a healthy and nutritious meal. It also provides guidance on the portion sizes that are ideal for this age group.

**Where can I find out more?**

If you are unsure about any aspect of your

child’s packed lunch, please do speak to your

child’s key person.

**Useful Links:**

[The Eatwell Guide - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/the-eatwell-guide)

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

<https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/>

<https://www.what0-18.nhs.uk/parentscarers/keeping-your-child-safe-and-healthy/healthy-eating>

**Top Tips:**

* Really think how much you put in, please only put in the amount of food you would normally expect your child to eat.
* Children love finger size bites in exciting tubs to open.
* Give children things that are familiar to them.
* Vary the contents regularly – the same food every day can become boring for your child.
* Bake biscuits and cakes with your child – they will be great fun and much healthier than ready-made alternatives.

**Spending the day learning and playing requires the right sort of fuel**

Your child will have been very active all morning at pre-school and therefore it is essential at lunch time they receive the right nutrients to refuel.

Good nutrients can lead to better concentration, improved pre-school learning as well as healthy growth and development.

Lunchboxes can be a tricky area. But it’s

important to load up your child’s lunchbox with tasty food that is both healthy and appealing.

**What type of foods should go in your child’s lunch box?**

To create a healthy, balanced lunch box, it is best to include at least one of each food group, for example:

* Starchy Food – wholegrain roll, tortilla wrap, pitta, pasta or rice salad.
* A portion of lean, meat, fish or meat free protein.
* Plenty of fruit and vegetables.
* A portion of whole fat milk or dairy food – cheese, yogurt.

Please feel free to add in the occasional food that is higher in fat and sugar e.g., crisps, biscuit, cake

**Half eaten foods**

We can put half-eaten foods back in your child’s lunch bag or box if you like, this can be so you can see what they have eaten.

If they have eaten everything of course we will simply throw away any empty packaging.

**What lunch box shall I use?**

At nursery, we are unable to refrigerate lunches that the children bring in.

Please pack their food in an insulated cool bag with a small ice pack.

We provide all children with a drink of water; no additional drink is needed.

Please ensure your child’s lunch box is clearly named.

**How much is enough?**

Below are some examples of food that you could include in your child’s lunchbox and the relevant portion size for children of this age group. We hope you find this useful.

Starchy Foods

Choose one….

* Sandwiches; ½ - 1 slice of bread
* Tortilla wraps ½ wrap
* Pasta; 2-5 tablespoons
* Pitta bread; ½ - 1 medium pitta

Protein

Choose one…

* Ham; ½ - 1 small slice
* Tuna; ½ - 1 tablespoon
* Egg; ½ - 1 egg
* Cocktail Sausages; 2-4 sausages (Cut in half lengthways

**Is there anything I should avoid**

**putting in a packed lunch?**

Children at pre-school are still very young and

they need a highly nutritious diet. Foods that

are highly processed and contain large amounts

of additives, salt and sugar should be avoided.

**PLEASE NOTE WE ARE A NUT FREE ZONE**

Please do not send in any food containing nuts this includes pesto as some will contain Cashews and we are unable to verify this in setting.

Things to Avoid

* Sweets
* Chocolate bars/buttons etc
* Chocolate Spread
* Products that contain nuts
* Popcorn

We reserve the right to send any of these

products home.

PLEASE NOTE WE ARE UNABLE TO REHEAT ANY FOOD.

Fruits and Vegetables

Choose one or two…

* Banana ¼ - 1 medium
* Apple ¼ - ½ medium
* Raisins ½ - 2 tablespoons
* Vegetable sticks (e.g., carrot, cucumber) 2-8 sticks
* Tomatoes 1-4 (cut in half)
* Grapes 3-10 (cut in quaters lengthways please)

Dairy Foods

Choose one or two…

* Cheese 1 babybel/cheese string
* Yoghurts 125ml yoghurt/1 tube

Foods High in Fat and Sugar

Choose one…

* 4-6 crisps (low salt)
* 1 biscuit (plain or chocolate coated)
* Small piece of flapjack
* Small piece of cake