

Healthy Eating Guidance for Lunch Boxes

In line with our healthy eating policy, we ask that lunches follow the below guidance:

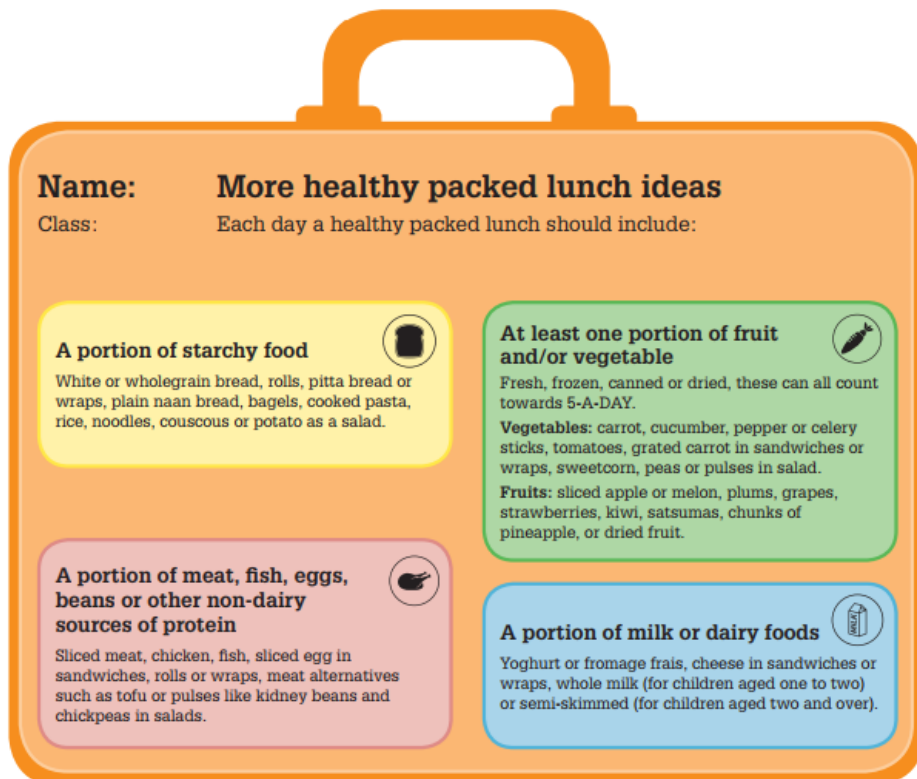
- 🕒 Due to limited capacity, we are not able to store items in our fridge, therefore you will need to provide an insulated bag with freezer blocks or a frozen bottle of water.
- 🕒 Please limit the amount of sugary foods.
- 🕒 Ensure that you have completed any allergies on your child's registration form or informed a member of staff.
- 🕒 Please label your child's lunch

Please do not bring the following -

- 🕒 Any type of nut product
- 🕒 Fizzy drinks in cans or bottles
- 🕒 Chewing gum

Things to think about when packing a packed lunch

- 🕒 Is the food easy for little ones to eat?
- 🕒 Are the pieces manageable?
- 🕒 Is anything a choking risk? Make sure foods are cut into small pieces (see picture...this is for all foods not just grapes)
- 🕒 Will food travel well?
- 🕒 Are the lids on containers secure?
- 🕒 Is there cutlery?
- 🕒 Have children tried these foods before?



Name: More healthy packed lunch ideas
Class: Each day a healthy packed lunch should include:

- A portion of starchy food** (🕒 icon)
White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.
- At least one portion of fruit and/or vegetable** (🕒 icon)
Fresh, frozen, canned or dried, these can all count towards 5-A-DAY.
Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.
Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.
- A portion of meat, fish, eggs, beans or other non-dairy sources of protein** (🕒 icon)
Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.
- A portion of milk or dairy foods** (🕒 icon)
Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).



- 1. Starchy food such as bread, potatoes, rice, pasta** – these foods provide carbohydrate to give your child energy for the afternoon. (🕒 icon)
- 2. Fruit and vegetables** – these foods provide vitamins and minerals to help protect against illness. (🕒 icon)
- 3. Meat, fish, eggs, beans and other non-dairy sources of protein** – these foods provide protein, iron and zinc to help your child grow. (🕒 icon)
- 4. Milk and dairy foods** – these foods are a good source of calcium, for strong bones and teeth. (🕒 icon)
- Foods and drinks high in saturated fat, sugar (and/or salt)** – try to limit these types of food and drink. Too much salt and saturated fat can increase the risk of some illnesses in later life while too much sugar can damage children's teeth. (🕒 icon)

