

# Packed lunch guidance



## A portion of starchy food

E.g. bread (all types including pitta, wrap, bagel), pasta, potato (e.g. in a salad). These foods are a good source of energy and fibre. Try to include wholegrain varieties some of the time. Use spreads sparingly.

## A portion of dairy produce

E.g. cheese and yoghurt. These are needed for maintaining strong teeth and bones. Look for lower sugar varieties when comparing brands. In addition, choose low fat varieties for children over 2 years

## A portion of vegetable/salad

These help support all the body's systems and have a role in preventing future disease. It's important to provide a good variety.

Examples include:

- Raw vegetable sticks (e.g. celery, peppers, cucumber, carrots) with a hummus or cream cheese dip
  - Salad vegetables in a sandwich or wrap (e.g. lettuce, cucumber)
  - Raw and/or cooked vegetables in a pasta salad
- A pot of tinned sweetcorn (in water, drained)

## A portion of protein-rich food

E.g. beans, eggs, fish, meat, chicken. Protein-rich foods help build muscles, are a good source of energy and contain important nutrients like iron. Choose lean (lower fat) options, and remember to include oily fish sometimes. Try to limit pastry items (e.g. sausage rolls), processed meats (e.g. sausages) and pasties to no more than once every 2 weeks. Examples include:

- Boiled egg or cooked chicken in a salad
- Salmon pasta salad or mackerel pate on crackers (examples of using oily fish)
- Vegetarian sources of protein, e.g. hummus on crackers or as a dip with chopped vegetable sticks

## A portion of fruit

Like vegetables, fruit helps support all the body's systems (e.g. the immune system) and has a role in preventing diseases in the future. Fruit can be fresh, tinned (in natural juices not syrup) or dried (e.g. small packet of raisins).

Fruit is the ideal healthy substitute for chocolate bars and biscuits.

## A drink

Drinks are vital for keeping children hydrated, which in turn helps with their concentration, maintaining regular bowel habits and general wellbeing. Only water or milk (semi-skimmed for children over 2) should be given and are provided by the Pre-School.



There **MUST NOT** be any fizzy drinks, milkshakes, sweets, chocolate bars, cakes, chocolate yogurts, chocolate/biscoff spread or cereal bars. You should also try and follow the guidance about food items from each of the food groups shown.

We also are aware of any dietary and/or allergies for individual children and to ensure these are catered for, we ask that **NO NUTS** are put into lunch boxes. This includes nut snack boxes, peanut butter sandwiches, and nutella sandwiches.

To help with portion sizes we would ask that only a **MAXIMUM of 5** items are in your child's lunch box. **All foods must contain no more than 15g of sugar per 100g, no more than 1.5g of salt per 100g and no more than 0.6g of sodium per 100g**

**We reserve the right to send home any of these unwanted food items with a note explaining why.**

## **Example week's menu on a budget**

### **Monday**

- Medium wrap with  $\frac{1}{2}$  chicken breast
- Pot of carrot and cucumber sticks
- 1 fromage frais
- Handful of berries

### **Tuesday**

- 2 slices wholemeal bread with grated hard cheese and sliced tomato
- 1 fromage frais
- Pot containing apple slices and sliced grapes

### **Wednesday**

- Soft wholemeal roll with cream cheese and sliced cucumber
- Small tub hummus
- Red pepper sticks
- Satsuma

### **Thursday**

- 2 slices of wholemeal bread with spread and sliced hard boiled egg
- 1 fromage frais
- Pot containing carrot sticks and 4 small cherry tomatoes
- Small box of raisins

### **Friday**

- Cooked pasta with  $\frac{1}{2}$  can of tuna mixed with mayo, drained tinned sweetcorn and cucumber chunks
- Banana
- Pot of natural yoghurt



**For more information, please visit:**

<https://www.firststepsnutrition.org/eating-well-early-years>

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>