

Main



Wholemeal bread



Wholemeal pasta



Wholemeal pitta



Bagel



Grilled chicken



Tuna



Hummus



Eggs



Lettuce



Sweetcorn



Peppers



Butter/Margarine

Snack



Flapjack



Rice pudding



Dried fruit



Banana bread



Mini pretzels



Granola bar



Breadsticks



Dips

Fruit and Veg



Blueberries



Apple



Strawberries



Peach



Banana



Satsuma



Sugar snap peas



Carrots



Cucumber



Tomatoes



Broccoli



Celery

A Create a main using a portion from each of the 3 groups above

B Now choose 1 or 2 yummy snacks

C Finish off with 2 from your 5 portions a day

A healthy packed lunch should include foods from the following groups:

- ✓ **Fruit:** Fresh, tinned, frozen or dried fruit such as sultanas all count towards your 5 a day.
- ✓ **Vegetables:** Carrot, celery, cucumber and pepper are all good examples. You could also include grated carrot, sweetcorn or peas in a salad.
- ✓ **Starchy Food:** Bread, wraps, rolls, pitta bread or naan bread with a suitable filling. A salad could include potatoes, rice, pasta, couscous or noodles.
- ✓ **A Source of Protein:** This could be meat, fish, egg, beans, pulses or tofu.
- ✓ **Dairy Foods:** This includes cheese, soft cheese, yogurts, fromage frais or custard pots.

Please do not include:

- ✗ Any nuts or nut based products due to possible allergies.
 - ✗ Grapes or cherry tomatoes as they can be a choking hazard.
 - ✗ Any foods that require heating or reheating.
 - ✗ We recommend foods such as cakes, biscuits, pastries, sweets and crisps are only given as an occasional snack and as part of a healthy balanced diet.
- We recommend crisps are 100 kcal or below eg Quavers, French Fries or similar.

PRACTICAL TIPS

1

Please inform us of any allergies or intolerances

2

Include your child in shopping, choosing and preparing what goes in their lunchbox

3

Desserts, puddings or cakes should be fruit or milk based such as a banana muffin or rice pudding pot

4

Wash fruit and vegetables and remove any stones

5

Use a cool bag and ice pack or bottle of frozen water to keep food cool as we have no fridge facilities to store packed lunches

6

Label your child's packed lunch box/bag with their name



Useful websites:

www.nhs.uk/change4life/recipes/healthier-lunchboxes

www.kindrednurseries.co.uk/nutrition

Government packed lunch advice

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches.
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel.
- An oily fish, such as salmon, should be included at least once every three weeks.
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times.
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but should be part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally.