



## Packed Lunches - A helpful guide to encourage healthy eating at Pre-School

### **When is Lunch time?**

Lunch takes place in the Pre-School room from 12.30 to around 13.00pm.  
Children must bring a lunch box if staying for lunch.  
The Pre-School have a NO NUT policy because some children suffer from an allergy. Therefore, no nut products are allowed.

### **What should I put in my child's packed lunch?**

There has been a lot written about healthy eating particularly with regard to food in schools. With this in mind we have set out in this leaflet some useful information and hints and tips on making a healthy packed lunch that your child will be able to enjoy eating independently.

### **The Packed Lunch**

We are very keen that the children bring the kind of lunch that they will be expected to bring or eat when they go to school i.e. a healthy packed lunch that forms part of a healthy balanced diet.  
This means that a packed lunch should contain:

- 1 portion of vegetables or salad
- 1 portion of fruit
- 1 portion of milk or dairy products
- 1 portion of meat, chicken or protein
- 1 portion of starchy food
- 1 small treat – optional

Of course this may vary slightly according to what has been eaten or is going to be eaten during the rest of the day.

### **What is a portion?**

A good guide is: "What will fit into a cupped hand". How many grapes will fit into your cupped hand and how many in your child's cupped hand?

### **The Lunch Box**

A small inexpensive plastic box is perfectly acceptable. Please check that your child can open the box easily. Don't forget to label the box with your child's name on the outside.

### **Drink**

Remember to include a bottle of water/juice in the lunch box. It is also useful if you are able to send in an additional plastic bottle with your child's name to keep at Pre-School.

### **Keeping it cool**

Although we store the lunch boxes in a cool place out of direct sunlight we cannot refrigerate them so a small freezer pack is a good idea, especially in the summer.

### **Food Groups**

#### **Vegetables or Salad**

Carrot sticks, cucumber, cherry tomatoes, celery sticks, pepper sticks, broccoli,  
sweet corn

#### **Fruit**

Fresh, dried or tinned (in natural juice) fruits are all good.

#### **Milk or Dairy**

Cheese, fromage frais, yoghurt, milkshake drink.

#### **Chicken/Meat or other source of protein**

Ham, chicken, cheese, tuna, sausage, beans, chickpeas.

#### **Starchy Food**

Bread, rice, pasta, pitta bread, bagel, crackers, wraps

#### **Treat**

2 jaffa cakes, slice of malt loaf, a few iced gems, flapjacks, carrot cake, small fruit bun.

The above are suggestions, there are many more you could add and of course lots of foods cover more than one food group. For example a small wholemeal roll filled with ham and cucumber would cover vegetable, meat and starchy food. This is a guide only.

## Packed Lunches

<u>Some Lunch Box Ideas</u>	<u>Key Points</u>
<p><b><u>Lunch box 1 “Quick”</u></b> <i>Small pitta filled with chicken and cucumber</i> <i>Cereal bar (NO NUTS)</i> <i>Clementine or Satsuma</i> <i>Small Yoghurt drink</i></p> <p><b><u>Lunch box 2 “No food in – what’s at the One Stop”</u></b> <i>1 small wholemeal roll thinly spread with butter of olive spread</i> <i>1 Baby Bel cheese or Cheese String</i> <i>Apple slices and raisins</i> <i>1 Packet small rice cakes</i></p> <p><b><u>Lunch box 3 “lets makes something”</u></b> <i>Hummus and grated carrot sandwiches cut into shapes with a biscuit cutter</i> <i>Raspberry jelly with raspberries. Don’t forget the spoon!</i> <i>Make up a sugar free jelly. In small pots add 5/6 frozen raspberries, pour on the jelly. Put in the fridge to set.</i> <i>Small pot of fromage frais or a Frube</i></p> <p><b><u>Lunch box 4 “Left overs”</u></b> <i>Small slice of Ham and Pineapple pizza</i> <i>A few cherry tomatoes</i> <i>Small pot of yoghurt – don’t forget the spoon!</i> <i>Small portion of fruit</i></p>	<ul style="list-style-type: none"><li>• <i>Keep it small; remember a portion is the size of your child’s cupped hand.</i></li><li>• <i>Can your child open it themselves? E.g. Frubes, yoghurt pots, cheese, Oranges.</i></li><li>• <i>Variety. Try different fruit, bread, and vegetables.</i></li><li>• <i>One small treat only.</i></li><li>• <i>Gradual change is best. It can take up to 20 tastes for a child to get used to a new food, so keep trying!</i></li><li>• <i>If you can, prepare the packed lunch together.</i></li><li>• <i>You can often use up left overs e.g. cold pasta or rice could make a salad, cold pizza is good to.</i></li></ul> <p style="text-align: center;"><b><u>Please remember NOT to include ANY NUTS or NUT PRODUCTS.</u></b></p> <p>If you would like further information or advice please talk to your child’s key person.</p>

**Please remember we have a no nut policy at Springfield Bees Pre-School and this includes lunch boxes. If nut products are brought in they cannot be eaten.**