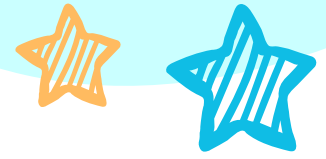


Healthy Eating Lunch box



As the weather gets warmer -

Lunch boxes are not stored in a fridge please provide a frozen ice pack.

No squash -

To help your child transition to school and to support good oral health please only send in water for their drink. Once they start school they will not be allowed squash so it's great to help them prepare for this.

Allergies -

Please do not put any nuts, or use peanut butter/Nutella in your child's lunch box as we are a nut free setting.

Reduce the risk of choking -

Due to choking we also request you do not send in popcorn or marshmallows. If your child has grapes, small tomatoes or anything with a skin, please ensure they are cut in half, lengthways as children are less likely to choke if cut in this way.

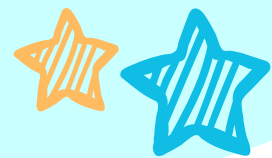
Portion sizes -

We do our best to encourage children to eat all their lunch but have found that some children do have quite a lot in their lunchbox. The children have a healthy snack from 10.00am and lunch at 12 noon and snack again at 2pm. As a rough guide most children can manage a sandwich or wrap, a piece of fruit and a biscuit type product/yoghurt. Obviously you know your child best and this is just a suggestion. We encourage children to eat savoury before other food but will not enforce this so please bear this in mind when preparing your child's lunch box.

Healthy eating -

We promote healthy eating at our setting so please try to reduce processed foods and do not put chocolate, sweets or other confectionery in your child's lunch box.





Recommended

- **Fruit and Vegetables;** at least two portions of fruit or vegetables every day (a portion is the amount your child can fit into the palm of their hand).
- **Carbohydrate;** a starchy food every day such as wholegrain bread, pasta, rice, couscous, noodles, potatoes, chapatis/roti, plain crackers, breadsticks, rice cakes
- **Protein;** meat, egg or other source of non-dairy protein such as lentils, kidney beans, chickpeas, hummus, dhal, falafel
- **Oily fish;** tinned or fresh mackerel, sardines, salmon or tuna should be included at least once every three weeks
- **Dairy;** every day such as milk, cheese, yoghurt, fromage-frais, custard or calcium fortified soya products.
- **A bottle of water;** Dehydration can give children headaches and make them tired. Therefore, we encourage children to bring in water bottles daily.
- **Dessert/pudding;** such as **ONE** small cake, biscuit, cereal bar, fruit loaf/bun OR scotch pancake as part of a balanced meal. Please look carefully at packaging as many items that may look healthy can have high levels of sugar and fat. Look for those with 100 calories or less per portion and only include one-a-day for lunch.

Avoid



- **Confectionary** such as chocolate bars and sweets.
- **Chocolate spread** as a sandwich filling.
- **Chocolate or chocolate coated food** – this includes chocolate coated cakes, biscuits, and confectionary included in some yoghurt pots (e.g. 'corners')
- **Crisps** or any similar snacks that are high in salt and fat.

Many packets advertise clearly that they are lower/reduced fat – the specific guidelines are that there should be less than 17.5g per 100g, however the salt content remains fairly well hidden. Please check the labels for content, comparing the per 100g measure. Low salt would be classed 0.3g or less per 100g (or 0.1g sodium) and high is more than 1.5g salt per 100g (or 0.6g sodium). Please do not include snacks that exceed the 1.5g per 100g measure. Examples of crisps/snacks that contain less than 1.5g salt include some varieties of Walkers Lites, Walkers Baked, Lidl's Linessa crinkle cut, Jacob's Oddities. This is not an exhaustive list, but in general 'baked' varieties tend to meet the criteria more often than other types.

