

## Guidelines for a Healthy Packed Lunch

A good diet is particularly important for young children as early food experiences will impact on eating patterns and habits in their adult life.

Young children need energy (in the form of calories from food) and nutrients such as protein, carbohydrate, vitamins and minerals to make sure that their bodies work properly and grow.

A balanced packed lunch should contain:

- \* A starchy food, such as bread, rolls, pitta bread, bagels or wraps.
- \* A good source of protein, iron and zinc such as meat, fish, or eggs.
- \* A good source of calcium such as cheese or a yoghurt (remember a spoon!).
- \* And some fruit, vegetable or salad. A piece of fruit could be a 100% juice or some fresh or dried fruit. To avoid choking, please cut grapes lengthways in half. A piece of vegetable could be a carrot or celery stick. Vary the fruit each day.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied. Try and think of a rainbow, providing a colourful (and natural) lunch!

We encourage children to bring a small named water bottle filled with water to drink at lunchtime. No cans, glass bottles or fizzy drinks please.

**We do ask that parents do not include sweets, cakes or chocolate in the packed lunch.**

**We also ask that nuts are not included in the packed lunch as we do have children with nut allergies attending the pre-school.**

Packed lunch boxes and water bottles should be clearly named. Please also consider packing a lunch that can be stored without refrigeration for a couple of hours, or maybe put an ice pack in the lunch bag.

Further information can be found at:

[www.pre-school.org.uk](http://www.pre-school.org.uk)

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

[www.nhs.uk](http://www.nhs.uk)