



Preparing the packed lunch

- Include your child in shopping, choosing and preparing what goes in their lunchbox, giving them choices within the food groups
- Label your child's packed lunch with their name
- On hot days please use a cool bag, reusable ice pack or a frozen bottle of water to keep lunches cool
- Please note we do not have a microwave and are unable to heat food. Please use a heated thermos flask if your child prefers hot foods
- Please remember we are a nut-free setting. This includes peanut butter!



We need your recipes!

We would be delighted to hear from you with your child's favourite healthy meals and snacks.

Please email them to Emma at head@ramsburypreschool.org.uk

If you have any questions or would like any further information regarding this booklet please do not hesitate to ask a member of staff.



Practical Guide for Healthy Packed Lunches



Information supported by

CHILDREN'S FOOD TRUST
Eat Better Do Better

Healthy packed lunches

A healthy, balanced and nutritious packed lunch should include foods from the following four food groups:

- 1. Starchy food such as bread, potatoes, rice, pasta** – these foods provide carbohydrate to give your child energy for the afternoon.
- 2. Fruit and vegetables** – these foods provide vitamins and minerals to help protect against illness
- 3. Meat, fish, eggs, beans and other non-dairy sources of protein** – these foods provide protein, iron and zinc to help your child grow.
- 4. Milk and dairy foods** – these foods are a good source of calcium, for strong bones and teeth

Foods and drinks high in saturated fat, sugar (and/or salt) – try to limit these types of food and drink. Too much salt and saturated fat can increase the risk of some illnesses in later life while too much sugar can damage children's teeth.

Example packed lunch menu

Monday • Tuna and sweet corn pasta salad with red pepper sticks. Apple slices and plain yoghurt

Tuesday • Chicken and potato with salad. Ginger biscuits with satsumas

Wednesday • Cheese salad wrap. Banana and raisins

Thursday • Egg salad sandwich. Seasonal fruit salad with fromage frais

Friday • Chickpea vegetable couscous salad. Blueberry muffin

For more ideas on healthy packed lunches visit the Let's Get Cooking at Home website:

www.letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches

To drink

To help with hydration and concentration

Water – is the best choice and is available all day

Milk – we offer the children milk or water at snacktime.

Lunchtimes only - diluted fruit juice (half juice, half water)

Please avoid squash, fizzy drinks, and flavoured water, even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

Try to limit

Desserts, cakes, biscuits and crisps

These foods are high in saturated fat, sugar and salt – too much of these foods can be harmful to health.