

PACKED LUNCH GUIDELINES

To help provide your child with a balanced lunchbox, we hope the following suggestions are a good starting point in promoting a healthy diet for your child.

Try to include:

- 1 Portion of vegetables or salad and one portion of fruit (fresh, canned or dried).

A portion for a child under 5 is a child's fistful or e.g.

1-2 Cherry tomatoes (*cut in quarter's length ways to avoid choking hazard*)

2 slices of cucumber

2 slices of apple or pear

A few segments of a Satsuma

5 grapes (*cut in quarter's length ways to avoid choking hazard*)

1 dessert spoon of peas or sweetcorn



- 2 One portion of milk or dairy items such as milk, cheese, yoghurt, fromage frais or yoghurt drink.
A child's portion is for example, 100ml of milk, a small pot of yoghurt or a small cube of cheese.

- 3 One portion of starchy food; such as bread, pasta, rice, noodles or potatoes.
A portion is one small slice of bread, 1 egg-sized potato or 2 tablespoons of rice or pasta.



- 4 One portion of meat, chicken, fish, eggs, beans or other protein source.
A portion size is approximately one third to one half the size of the child's palm.

We ask that children **do not** bring in the following foods and drinks:

- **Nuts**
 - **Nut based peanut products i.e. butter or hazelnut spreads**
 - **Seafood i.e crab sticks**
 - **Sweets**
 - **Chocolate (even as a covering or filling)**
 - **Fizzy drinks, even diet ones**
- ◆ If giving crisps or other savoury snacks please put just a handful in a small container or bag, and look for reduced salt and fat versions.
 - ◆ All the children will be offered a drink of water with their lunch.
 - ◆ You are the expert on your child and know how much they eat, but please be aware that a lunchbox with too much food in it may overwhelm your child.
 - ◆ If you would like further information about Healthy Eating or suggestions of food to include in your child's lunchbox please ask a member of staff.

For more information on foods to avoid, please visit the following website:
<https://www.nhs.uk/start-for-life/baby/weaning/safe-weaning/food-and-drinks-to-avoid/>