

Nursery Packed Lunches

In line with our Healthy School Packed Lunch Policy, please provide your child with a packed lunch which includes:

- at least one portion of fruit and one portion of vegetables.
- A portion of meat, fish, eggs, or a non-dairy protein
- a starchy food such as bread, pasta, rice, couscous, noodles, or potatoes.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- a drink of water



Packed lunches can occasionally include:

- sausage rolls, individual pies, corned meat, and sausages.
- baked crisps, cakes, and biscuits

Packed lunches should not include:

- confectionery such as chocolate bars, chocolate-coated cereal bars, processed fruit bars and sweets.
- sugary soft drinks, such as squash and fizzy drinks.
- Peanuts, peanut butter, and chocolate spread.



Please consider the portion sizes, with an amount that can be finished comfortably, with little or no waste.

Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

CHOOSE ONE EVERY DAY FROM:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the choosing/making

2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

CHOOSE TWO EVERY DAY FROM:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

CHOOSE ONE EVERY DAY FROM:

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products

4 Protein Foods

for growth and repair

Pack a protein punch!

CHOOSE ONE EVERY DAY FROM:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



Keep processed meat to a minimum



Choose oily fish like salmon once every 3 weeks



Reduce sugar: choose plain yoghurt and have fruit on the side

5 Drinks

to rehydrate your body

A large glass of water

Semi skimmed milk – or skimmed milk for children over 5 years.

150ml of fresh unsweetened fruit juice/smoothie



Milk, water or 150ml juice

Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/ sponges and biscuits of appropriate portion sizes



Plain cakes occasionally

For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes