

Healthy packed lunches



We have reviewed our packed lunch policy and here are our new guidelines from Sept 2022

We take our part in promoting the children's health very seriously.

A typical, healthy packed lunch could be a sandwich, pasta, wrap or rice cakes

(The recommended amount of bread for young children is 1 piece per meal
or 1 roll or 1 wrap)

Fruit

Yoghurt

As we are a Healthy School, we encourage children not to bring any types of cake, jam or chocolate spread. Children are not allowed sweets or chocolate whilst at nursery unless a special occasion such as a birthday or party day.

A healthy balanced diet for children aged one to four years is based on the four food groups listed below.

1) Potatoes, bread, rice, pasta, and other starchy carbohydrates

(White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous, or potato)

2) Fruit and vegetables

Carrot, cucumber, pepper, or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit
Dried fruit such as raisins or apricots

3) Beans, pulses, fish, eggs, meat, and other proteins

Sliced meat, poultry, or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads

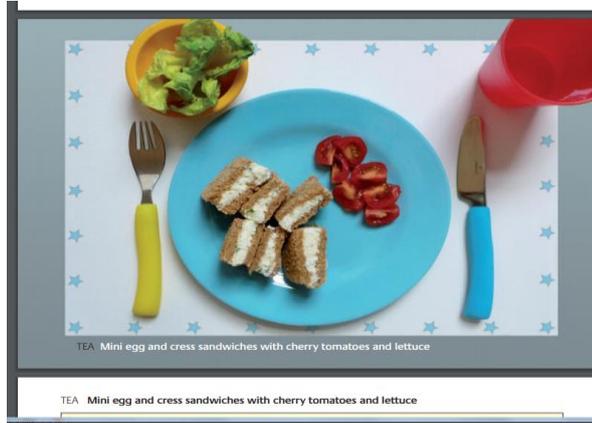
4) Dairy and alternatives

A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.

Portion size

<https://cwt.org.uk/wp-content/uploads/2015/02/CHEW-1-4Tea.pdf>

In our research about children's eating, we have found this useful booklet which has helped us think about the portion size of food which children need. We think as adults we tend to give children too much, partly to make sure they have choice or to encourage them to eat something but often it is far too much. These photos give an idea of the recommended portion sizes for young children.



- Over a fifth of children are either overweight or obese by the time they join Reception class in Primary School
- Type II diabetes, which usually appears in adulthood, is starting to be seen among some overweight children.
 - Dental health is poor in many young children.
- More than one in four young children in the UK may be at risk of iron deficiency.
- **Some children eat foods that are low in energy, iron, and vitamin A, and high in saturated fat, sugars, and salt.**
- Many young children also eat fewer than the recommended five portions of fruit and vegetables each day.

Eat better start better

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Due to a number of allergies in nursery, we ask that you ALWAYS send your child's lunch in named/labelled lunch bag.

We hope you understand the reasons for our correspondence and encourage you to talk to staff if you have further questions. Many thanks 😊