

# Practical Tips

- Communicate with us about your child's packed lunch.
- Inform us of any food allergies or intolerances.
- Choosing foods
- Vary lunchbox contents for a good balance of nutrients.
- Seasonal fruits and vegetables add colour, texture and are often cheaper and tastier.
- Read food labels. Look out for the colour coded nutrition information on the front of packets. Remember the more green(s) on the label, the healthier the choice.



## Preparing the packed lunch

Include your child in shopping, choosing and preparing what goes in their lunchbox, giving them choices within the food groups.

Wash fruit and vegetables, and remove any stones.

Keep it fresh. Rinsing slices of apple in dilute lemon juice, for example, will stop the slices from turning brown.

Think sustainably. Use containers and cutlery that can be washed and used again. Pre-School promotes paper bags.

Label your child's packed lunch with their name



## Healthy Snacks & Pack Lunches

We believe eating well is very important for children's health and all round development. A healthy enjoyable snack and lunch give children that energy they need to play and learn.

As a Pre-School it is our responsibility to support children in healthy eating. It is not only part of our policy but is also a statutory requirement that we need to maintain.

The Pre-School is an accredited Sheffield Healthy Early Years setting, this award recognises our efforts in supporting our children's health and wellbeing.

We understand that providing a snack and packed lunch can be difficult, therefore we have produced this leaflet with lots of ideas and extra guidance on what to include, to ensure your children's snack and lunch bags are healthy, balanced and nutritious. We would like to encourage parents to be more aware of the foods going into snack and lunch bags. We discourage crisps, chocolate, cakes and squash and would prefer to see fruit, yoghurts, vegetables or healthy alternatives.



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

	<p><b>Potatoes, bread, rice, pasta and other starchy carbohydrates</b> These foods provide carbohydrate to give your child energy for the afternoon</p>	
	<p><b>Fruit and vegetables</b> These foods provide vitamins and minerals to help protect against illness</p>	
	<p><b>Dairy and alternatives</b> These foods are a good source of calcium, for strong bones and teeth.</p>	
	<p><b>Beans, pulses, fish, eggs, meat and other proteins</b> These foods provide protein, iron and zinc to help your child grow.</p>	
	<p><b>Foods and drinks high in saturated fat, sugar (and/or salt)</b> 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.</p>	

## Healthy Snack & Lunch Bag Ideas

A portion of starchy food White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad



A portion of milk or dairy foods Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).



A portion of beans, pulses, fish, eggs, meat and other proteins Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads



**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.

Try to make desserts, puddings and cakes with fruit or milk, such as a yoghurt and fruit, or rice pudding.

Limit confectionery such as chocolate, sweets or cereal bars to help protect your child's teeth.

Avoid salty snacks such as crisps. Replace with plain breadsticks



At least one portion of fruit and/or vegetable Fresh, frozen, canned or dried, these can all count towards 5-A-DAY. Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad. Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit



**A drink** – to help with hydration and concentration

**Water** – is the best choice.

**Milk** – use whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).

**Avoid fruit juice** (even diluted fruit juice).

**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.