Healthy Lunch Box Guidance

In line with new government healthy eating guidelines introduced for all childcare settings, we will be encouraging parents to provide a nutritious and varied packed lunch for their child.

The emphasis will always be on including foods your child enjoys and will eat, as ensuring they are well-fed, and content is our top priority.

Below is some healthy lunchbox suggestions based on the government's guidance:

Starchy Carbohydrates (for energy)

- Sandwiches, wraps, pitta bread, bagels, thins, bread rolls
- Cold pasta, couscous or rice salads

Protein & Calcium Sources

- Chicken, turkey, ham, fish
- Hummus, vegetable spreads, cheese spreads
- Salads with protein options

Healthy Snacks

- Rice cakes, fruit bars, baked crisps
- Natural or fruit yogurts (including dairy-free options)
- Fresh fruits and vegetables

Parents are asked to please:

- Limit chocolate/ crisps to one item
- Cut up whole fruit's length ways to limit the risk of choking
- No popcorn – Choking hazard
- No Nuts (including Nutella)
- No sweets
- No fizzy Drinks

You can find further guidance and ideas of healthy eating on the NHS website link below:

https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

If you have any questions or would like more information about these guidelines, please feel free to ask.

Thank you for your support in promoting healthy eating habits.