

## Guidelines for Children's Packed Lunches.

For more information about your child's nutrition visit [www.food.gov.uk](http://www.food.gov.uk)

### **YOUR 7-POINT CHECKLIST FOR PREPARING A LUNCHBOX**

#### **1. HAVE YOU GOT SOMETHING FROM THE BREAD, OTHER CEREALS, POTATOES GROUP?**

Ideas at a glance: Bread and bread rolls, bagel, pitta bread, French stick, Scotch pancakes, English muffins, fruit scones, currant buns, fruit bread, malt loaf, Matzo, crisp bread and crackers, pasta and rice salads. Wholegrain breads are fine occasionally, but remember young children have small stomachs and too much fibre can replace energy rich foods needed for growth and interfere with the absorption of minerals. It is best to avoid fibre enriched foods.

#### **2. HAVE YOU GOT SOMETHING FROM THE FRUIT AND VEGETABLE GROUP?**

Ideas: Salad in sandwiches and rolls, cherry tomatoes, apples, pears, satsumas, bananas, grapes, melon, kiwi, plums, nectarine, canned fruit pieces, raisins, dried apricots, dish of fruit salad, fruit smoothies and pure fruit juices.

#### **3. HAVE YOU GOT SOMETHING FROM THE MEAT, FISH AND ALTERNATIVES GROUP?**

Ideas: Slices of ham, chicken and turkey, boiled eggs, canned tuna and salmon, hummus.

#### **4. HAVE YOU GOT SOMETHING FROM THE MILK AND DAIRY FOOD GROUP?**

Ideas: Milk, cheddar, edam, cheese triangle, low fat soft cheese, cottage cheese with pineapple chunks, fruit yoghurt, fromage frais, drinking yoghurt, pots of rice pudding

#### **5. HAVE YOU GOT A DRINK?**

Ideas: Milk, drinking yoghurt, smoothie, fruit juice, sugar-free squash and water.

#### **6. ARE THE PORTIONS THE CORRECT SIZE?**

Remember your children only have small hands, mouths and tummies. At Pre-School we encourage the children to eat up **all** their packed lunch. Please put in the amount of food you would normally expect your child to eat. Cutting up food like sandwiches and fruit into small manageable child size pieces is a good idea because children can be put off if they have to tackle a too large portion.

The portion size of fruit and vegetables for pre school children is approximately two-thirds of an adult portion. Half an apple or one small 60g banana is a portion of fruit for a pre school child.

#### **7. ARE THE FOODS FAMILIAR?**

Please put familiar foods prepared in their usual way in the packed lunch, for example if you usually peel the skin off fruit or cut crusts off bread please do so for their packed lunch. Playgroups packed lunch days are not a good time to introduce new foods to your child as it may be upsetting for the child if they are hungry and don't like the food they have been given.

In line with local schools we do not allow the following foods: Chewy sweets (haribo etc), meat on the bone (please remove from the bone beforehand), fizzy drinks, food on cocktail sticks. If these foods are in the children's lunchbox they will be asked to keep them for when they get home. Please ensure that all year round there is an ice block (or frozen drink etc) in your child's lunchbox to keep food fresh and cool, this is especially important if the lunch will be eaten midway through or at the end of the session.