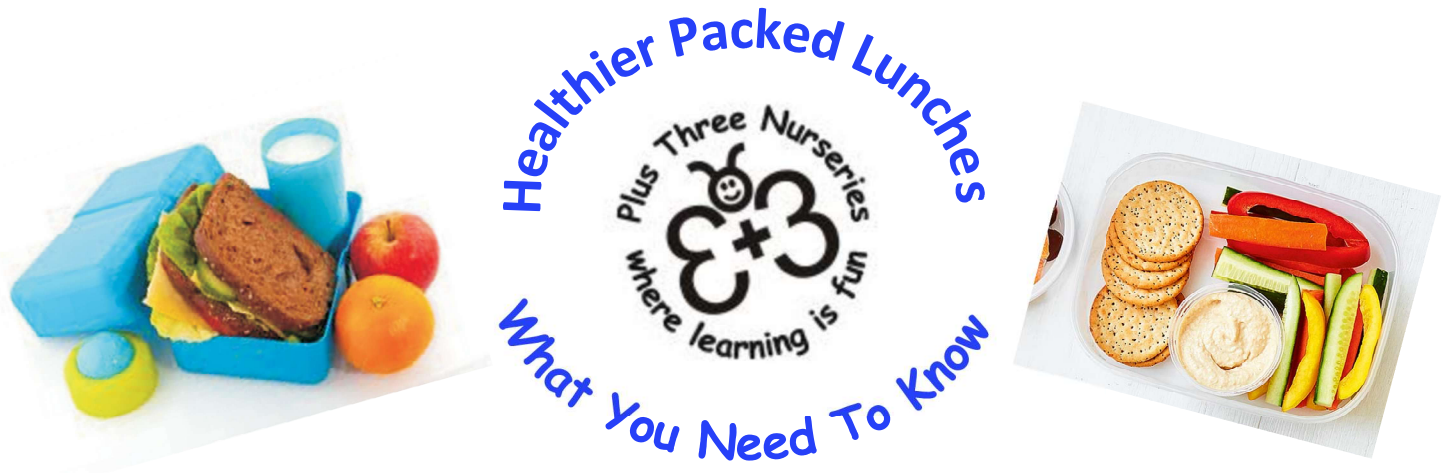


Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active. A healthy, enjoyable lunch gives children the energy they need to learn and play at nursery.



Practical Tips for a Healthy Lunch Box

- *Try to vary the contents of the lunch box daily. That way you can ensure your child is getting the variety of nutrients their bodies need to grow.
- *Involve your child in preparing their lunch box. They are more likely to enjoy food they have made themselves.
- *Wash your hands before handling food. Wash fruit and vegetables before use and put food in clean containers.
- *To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. To keep your child's lunch fresh and cool during the day use a cool bag and put in a reusable ice pack.
- *Keep different breads in the freezer so you can take out and defrost what you need for that day. Using different breads will make the lunch box more interesting and enjoyable.
- *For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable fingers with a dip.
- *Always try to add a little salad to a sandwich.
- *Always ensure baby tomatoes, grapes and cherries are cut into quarters.
- *Please do not give your child peanut butter or nuts in their lunch box.**

Build a healthy lunch!

Base each lunch on a **starchy food**

Bread, pitta, wraps, bread rolls, chappatis, rice, pasta, couscous or potato.

They give: **energy, fibre, vitamins and minerals.**

Wholegrain varieties are best for fibre, which is vital for a healthy digestive system.

1



Meat and Alternatives: Add some protein!

Lean meat such as chicken, turkey or ham.

Fish, including oily fish such as sardines, mackerel and pilchards.

Eggs in sandwiches or quiche.

Beans or pulses.

Meat alternatives such as tofu or soya.

Protein foods build muscles and provide minerals.

2

A healthy packed lunch is a balanced meal providing a variety of nutrients and can be found in the 4 food groups.



Milk and Dairy Foods

Include a dairy product or dairy alternative such as fromage frais or yogurt.

Cheese, such as cottage cheese, edam or soft cheese.

These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.

3



Drinks- especially water helps children to concentrate and feel well.



4

Don't forget to include **fruit and vegetables!**

You can use fresh, frozen, tinned or dried.

*Add tomato, lettuce or beetroot to a sandwich *A vegetable dish such as salad or roast vegetables.

*Fresh fruit, such as apples, bananas or pears. Fruit salad, tinned or fresh. Cherry tomatoes cut in half, grapes cut in quarters, cucumber or celery sticks.

*Dried fruit, such as raisins, apricots or figs

Aim to include at least one portion of fruit and one portion of vegetables or salad.

Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep your child strong and healthy.