

HEALTHY

LUNCHBOXES

Why is a healthy lunchbox important?

Spending the day learning and playing requires the right sort of fuel.

Your child will be very active throughout the morning, so it is important that their lunch provides the nutrients needed to refuel and recharge.

Good nutrition has been shown to support concentration, improve learning and encourage healthy physical growth and development.

What should be in a lunchbox?

A good lunchbox includes food from three groups:

Carbohydrates for energy

(e.g. bread, pasta, wraps, rice, crackers)

Protein for growth

(e.g. cheese, eggs, beans, lean meat, yoghurt)

Fruit & Vegetables for vitamins

(e.g. cucumber sticks, berries, cherry tomatoes)

Is there anything I should avoid?

Young children need a varied, nutritious diet to support growth, development and learning. Foods high in salt, sugar, and additives should be avoided where possible.

Please do not include sweets in lunchboxes, and limit items such as crisps and cakes. Instead, choose wholesome foods that will keep your child energised throughout the day.

Sandwiches

If you're including sandwiches, make them fun and appealing – use cookie cutters for shapes or try pinwheel sandwiches with flatbread wraps.

Suggested Fillings

Lettuce, ham & cheese
Cottage cheese & cucumber
Marmite, lettuce & cheese
Chicken, celery & mayo
Mashed egg & salad
Tune & Sweetcorn

Fruit & Vegetable

Young children enjoy small, easy to eat finger food, making fruit & vegetables ideal for lunchboxes. **Please ensure items are sliced lengthways, where appropriate for safety.**

Sliced apples, oranges and pears
Easy to peel mandarins
Grapes, strawberries & kiwi fruit
Fruit or vegetable kebabs
Baby carrots, cherry tomatoes & cucumber chunks

No nuts or nut products please.

We are a strict

**NUT FREE
SETTING**

Alternatives to sandwiches

Crackers or savoury scones
Leftover rice or pasta salad
Couscous or pasta salad
Rice cakes
Quiche

What sort of lunchbox should I use?

We are unable to refrigerate lunchboxes or heat up food, so we recommend using an insulated lunch box or bag or a thermos where appropriate. Please be sure to include an ice pack during warm weather to keep food fresh, clearly name your child's lunchbox and any containers and include a spoon or fork if needed

Top Tips

Start with small portions – children can always ask for more
Involve your child – letting them choose a fruit or help to pack
Mix familiar with new – one favourite with one new bite at a time
Vary the contents daily – the same food everyday can become dull