

### **Healthy Packed Lunch Tips: A simple guide to support Nursery Families**

This guide complies with School Food Standards and offers tips on how to do a packed lunch on a budget, as well as suggestions on how to make lunches more inspiring.

#### **One portion of whole grains & one source of protein:**

- Roast chicken sandwich
- Wholemeal pitta and hummus
- Chicken salad
- Tuna and pasta salad
- Salmon and cream cheese bagel
- Ham and cheese sandwich
- Chickpea and vegetable wrap
- Cucumber and hummus wraps

#### **At least one portion of vegetable & one portion of fruit:**

- Grapes
- Banana
- Orange
- Pineapple
- Cherries
- Mango
- Raspberries
- Strawberries
- Blackberries
- Dried fruit
- Tinned fruit (not in syrup)

## Thames View Infants

### Advice for Nursery Packed Lunches

- Apple
- Pear
- Papaya
- Apricot
- Melon
- Bell pepper
- Carrots
- Broccoli
- Cherry tomatoes

#### One snack:

- Small bag of popcorn
- Small pieces of cheese Crackers
- Low fat & sugar yogurts (check the food label is green)
- Malt loaf
- DIY fruit crunch pots Brown,
- plain rice cakes
- Dried fruits (sultanas, raisins)
- Edamame beans

#### Tips to make a balanced packed lunch:

Pick a main that includes wholegrain & protein, a selection of fruit & vegetables, one snack and water. Ensure fruit and vegetables are always included in a packed lunch. Choose wholegrain (bread, pasta, rice) as increased fibre will keep your child fuller for longer. Swap out sugary fruit juices, smoothies & fizzy drinks for water, or add fresh fruit to water such as strawberry, oranges or lemons. Replace crisps, cheese strings, cookies and sweets with some of the healthier snacks suggested.

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### Advice for Nursery Packed Lunches

#### **Tips to create a healthy packed lunch on a budget:**

Keep different types of wholegrain bread products in the freezer so you have a variety of options that will last longer – bagels, pittas, sliced loaf, wraps. Use leftover veg/roast meat from the day before to make cold pasta salads or sandwiches. Buy tinned fruit in juice (not syrup) and frozen/tinned vegetables - they are just as nutritious! Buy a steel water bottle for your child rather than using disposable plastic water bottles - it's better for the environment and saves money in the long run.

#### **Tips to help your child enjoy packed lunches:**

Involve your child with making their lunch - cutting the fruit/veg or adding salad to their wrap (do it the day before and squeeze some lemon on the fruit to keep it fresh). Dipping foods are fun for kids and a happy change from a sandwich every day. Provide a low fat dip such as hummus or tzatziki so they can dunk their carrots or peppers. Taste the rainbow - try a variety of different fruits and vegetables for a visually fun packed lunch. If you have the time, try cutting fruit and vegetables into shapes.

#### **Allergen Advice:**

To keep all children safe, please avoid including the following items in packed lunches: nuts and nut-based products, seeds, shellfish, eggs, fresh cow's milk, sweets, and foods that may pose a choking hazard, such as whole grapes, large pieces of apple, raw carrot sticks, or popcorn. We also ask that parents check for any specific allergy notices sent each year, as some children may have additional dietary restrictions. Thank you for helping us create a safe and inclusive environment for everyone.