Packed Lunches

At nursery we encourage healthy eating, to lay down good habits for life. These guidelines will help you to understand what foods are suitable for your child's lunch box.

In warm weather, parents and carers are asked to provide an ice pack in their child's lunch box to keep the food cool.

What to include in a healthy packed lunch (in line with the Early Years DFE Nutrition Guidance)

- ☆ At least 2 portions of fruit and /or vegetables (These can be fresh, canned, frozen or dried).
- ☆ Foods such as grapes, sausages, cherry tomatoes, blueberries and similar round foods must be cut lengthways and not into quarters.
- ☆ 1-2 portions of carbohydrates (Potatoes, bread, pasta, rice, wholegrain options where possible)
- ☆ At least 1 dairy food or alternatives (milk, plain yoghurt, cheese, plant-based alternatives)
- ☆1 portion of protein food (Meat, fish, eggs, beans, lentils or alternatives) ☆
- A bottle of water only

Important information

- ☆ We are a nut free nursery. Please do not include items such as nuts, seeds, peanut butter, pesto, hazelnut spread, sesame snaps, seeded bread, crackers or other nutbased food items. We have some children in nursery who suffer from severe allergies.

- ☆ Children have smaller stomachs so they can be over-whelmed with the amount of food in their lunch box. Therefore, we suggest smaller portions of food.

- ☆ Please do not put chocolate bars, sweets, juices or fizzy drinks in your child's lunch box as this does not align with our approach to healthy eating and oral health.