



Westfield Nursery School Healthy Packed Lunches

Introduction

At Westfield Nursery School we believe that parents are a child's first and enduring teachers. They play a crucial role in helping their children learn. Where parents are involved with their children's education and learning both at home and in partnership with the school, their children do better and achieve more. These benefits can be long-lasting and extend to better health, relationships and improved employment prospects.

We made this book entitled 'Healthy Packed Lunches' following advice from Health Professionals. Parents have a crucial role in teaching their children about healthy lifestyles. We hope this advice helps parents and children understand what comprises a healthy packed lunch for a Nursery age child.

We welcome any feedback and further ideas, so we can keep this leaflet up to date. If you have any comments, please speak to your child's teacher.

We would like to take this opportunity to thank all those involved in the creation of this leaflet.



Children of Nursery age only need 3-4 things in their lunch box.

It is a good idea to buy some small plastic pots with lids to store your child's food in, as they can be washed and used again. This reduces packaging waste.

Please choose at least one food from each group:

Starchy Foods (These foods give you energy and fill you up)

- Sliced bread- white, wholemeal or seeded
- Bread rolls- white, wholemeal or seeded
- Bagel
- Pitta bread
- Chapatti or naan bread
- Tortilla wraps
- Rice, pasta or noodles
- Crackers or crisp beads
- Couscous



Protein foods (These foods help you grow)

- Sliced, cubed or grated cheese
- Cream cheese or cottage cheese
- Cheese spreads or cheese triangles
- Tinned fish e.g. tuna or sardines
- Fish paste
- Cooked egg
- Corned beef
- Hummus
- Wafer thin sliced meat e.g. ham, chicken or turkey
- Shami (chickpea and minced meat burger)
- Quorn sandwich fillers



Vegetables and Salad Vegetables (These foods provide you with vitamins)

- Lettuce
- Cucumber- sliced or crudités
- Tomato- sliced or cherry
- Carrots- grated or crudités
- Celery sticks
- Pepper (red, orange, yellow or green) crudités
- Tinned sweetcorn (with tuna or cottage cheese)





Fruit (These foods give energy and keep you healthy)

- Apple slices
- Pear slices
- Banana
- Satsuma or clementine
- Nectarine, peach or plum
- Grapes (please cut in half to reduce risk of choking)
- Tinned fruit- peaches or pineapple
- Dried fruit- raisins, currants or apricot pieces (**Remember for healthy teeth dried fruit is not recommended as a snack between meals**)



If your child is having a packed lunch each day it is a good idea to put in some food from the group below

Dairy Foods (These foods help you have strong teeth and bones)

- Hard cheese, cheese triangles, or processed cheese spread
- Plain or fruit yoghurt (Yoghurt is better than fromage frais)
- Milk drink
- Tinned sardines or pilchards
- Pot of custard or rice pudding



Other energy boosters you may want to include

- Malt loaf
- Croissant
- Currant bun or tea cake
- Mini pancake or scotch pancake
- Bread stick or cheese straws
- Plain, chees or fruit scone
- Cheesy biscuits



Please remember: Crisps, cake and chocolates should be considered treat foods and should not make up the main part of your child's packed lunch; they can be included occasionally as a treat.

Please do not include fizzy or high sugar drinks.

Remember we are a no nuts site- please do not include any products containing nuts.





Some young children like to have the same lunch every day. For example, they may want a small sandwich with the same filling, a pot of yoghurt and a piece of fruit. If this is the case, do not worry, this is a healthy lunch.

Please only put in your child's lunch box what you expect them to eat. Please do not put them off their lunch by including too much food.

In hot weather it is a good idea to put in an ice block to keep the food cool.

Sorry, we do not have facilities to warm food.



Ideas for Healthy Packed Lunches:

Cheese roll Carrot sticks Halved grapes Slice of malt loaf	Tuna and sweetcorn in a pitta bread Cucumber sticks Fruit yoghurt Mini pancakes
1-2 Chapati Small pot of dahl Clementine Currant teacake	Egg sandwich Red pepper sticks Mini packet of cheese biscuits 1 fromage frais
Plain bagel with cheese triangle Halved cherry tomatoes Pot of fruit Pot of custard	Bread sticks + hummus Carrot + cucumber sticks Banana Cheese cubes with raisins
Turkey and cucumber wrap Pear Piece of plain cake Milk drink	Small pot of pasta with grated cheese Pot of rice pudding Apple Fruit scone