



### Practical tips for a healthy packed lunch:

- Involve your child in choosing and preparing their packed lunch.
- Keep food fresh by adding a small frozen ice pack.
- One child's portion size of fruit or vegetables is roughly the same amount as they could hold in their hand.
- Swap to wholegrain bread, or use one slice of white and one of brown.
- Try to vary fillings for sandwiches and always try to add some salad. Ideas for fillings include lean meats, chicken and mashed avocado, quorn slices, hummus, egg, fish (such as tuna or salmon), cottage cheese, grated cheese, cream cheese or sliced banana.
- Using a different type of bread each day can make lunchboxes more interesting.
- Try an alternative to sandwiches- make rice, pasta, couscous or bean salads instead. Or use rice cakes, crackers or bagels.
- You can use leftovers such as pasta dishes, vegetable pizza as part of your child's packed lunch the following day.
- Why not use up leftover vegetables by making a soup and bringing it in a flask.
- Swap squash and sweetened drinks to diluted pure fruit juice, water (provided at school) or milk.

### Please note:

- Waste or uneaten items are taken home in your child's packed lunch box.

If you would like more information or have any concerns please speak to Liz or Ann-Marie

This leaflet was produced with guidance from Inverclyde Alliance Oral Health & Nutritional Information



# Wellpark Children's Centre

## Packed Lunch Guidance



### Healthy Packed Lunch Guidance

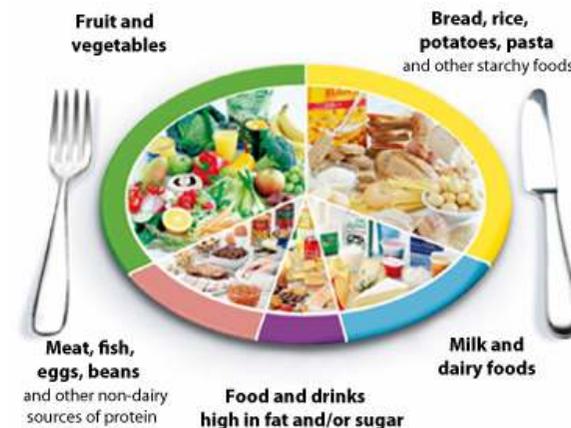
Why have packed lunch guidance?

As a Healthy nursery we encourage good eating habits for our children and provide

guidance to support children making healthy choices. All our snack menus are created to ensure a healthy balance across the week

This guidance has been produced to guide parents, carers and children about what choices should be made for healthy packed lunches .

Use the information in this guidance leaflet to make your child a healthy packed lunch. A healthy lunch gives children the energy they need to learn and play for the rest of the day



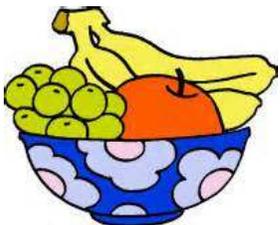
## Packed Lunch Advice for Parents/Carers

If your child brings a packed lunch to nursery, try to avoid putting in crisps, processed cakes, biscuits and sugary drinks. These tend to be high in sugar, fat and salt, low in essential nutrients and can;

- Increase the risk of tooth decay
- Lead to excess weight gain
- Reduce concentration levels in the afternoon

Small changes often lead to big improvements and are more likely to be accepted by the whole family. Buying smaller portion sizes (eg snack size) or plainer alternatives can get things moving in the right direction.

Visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life) for more practical, realistic tips to improve daily diet and activity routines. (Images taken from Change4Life, Sugar Swaps Step by Step Guide)



- Please hand your lunch to a member of staff at the start of the session. Chilled items will be stored in the fridge with your child's name on them
- Children will be given milk or water only at snack and lunchtime
- Children will be allowed crisps and a treat, however no sweets or chocolate bars
- You may wish to provide your child with hot soup etc in a flask. We cannot reheat soup etc but if it is in a flask this will be of an adequate temperature at lunchtime.

