

Milk and Dairy Foods

- ☺ Chunks of cheese
- ☺ Rice pudding or custard
- ☺ Fromage Frais
- ☺ Yogurt
- ☺ Milk or Flavoured Drinks

Is there anything I should avoid putting in a packed lunch?

Children at pre-school are still very young and they need a highly nutritious diet. Foods that are highly processed and contain large amounts of additives, salt and sugar must be avoided.

Crisps, nuts, sweets and chocolate bars and high sugar drinks are not suitable.

(We reserve the right to send items home)

What Lunch Box shall I use?

At Southmoor Pre-School we refrigerate all the lunches that the children bring in.

Please ensure:

- **Your lunch box is compact.**
- **Named**
- **Drink containers are well sealed.**

We would recommend that your lunch is separated into sections - we encourage the children to eat savoury foods first followed by yogurt and fruit. We do allow crisps and cereal bars if we feel the lunch as a whole is balanced.

Useful websites and books:

www.nutrition.org.uk

www.eatwell.gov.uk

www.foodafactoflife.org.uk

The lunch box book - Penny Stanway & Sara Lewis

The Healthy Lunchbox - Fiona Beckett

Southmoor Pre-School



Staying for lunch at pre-school is an exciting time as the children learn to eat independently.

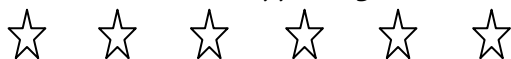
This leaflet aims to give you more information on what to pack in order your child enjoys a healthy and nutritious meal.

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

Your child will have been very active all morning at pre-school and therefore it is essential at lunch time they receive the right nutrients to refuel.

Good nutrients can lead to better concentration, improved pre-school learning as well as healthy growth and development.

Lunchboxes can be a tricky area. But it's important to load up your child's lunchbox with tasty food that is both healthy and appealing.



What should be in a Lunch Box?

Starchy Food - wholegrain roll, tortilla wrap, pitta, pasta or rice salad.

A portion of lean, meat or fish.

Plenty of fruit and vegetables.

A portion of whole fat milk or dairy food - cheese, yogurt.

A Drink - fruit juice, milk, yogurt

What do I put in then?



Make Sandwiches attractive.

Cut into small shapes.

Suggested Fillings:

- ☺ Lettuce, ham & cheese
- ☺ Tomato & cottage cheese
- ☺ Marmite, lettuce & cheese
- ☺ Chicken, celery & mayonnaise
- ☺ Mashed egg & salad
- ☺ Tuna

Alternatives:

- Muffins, plain sweet biscuits, crackers,
- scones, fruit bread
- Leftover rice or pasta dishes
- Couscous or pasta salad
- Rice wafers

Fruit and Vegetables

Small children love small items that they can eat as finger food - fruit and vegetables are fantastic for these.

- Sliced - Apples, oranges, pears
- Easy to peel mandarins
- Grapes (halved), strawberries, kiwifruit
- Nectarines, peaches, apricots
- Fruit salad or canned fruit (in juice)
- Vegetable or fruit kebabs
- Baby carrots, cherry tomatoes, peas in the Pod. cucumber slices
- Vegetables sticks and dip

Top Tips:

- ☺ **Really think how much you put in. children love finger size bites - in exciting tubs to open.**
- ☺ **Vary the contents daily- the same food everyday is dull.**
- ☺ **Remember to include a drink**
- ☺ **Bake biscuits and cakes - they will be great fun and much healthier than readymade alternatives.**