



## Packed lunches

**Many young children have the opportunity to eat a packed lunch at their childcare setting.**

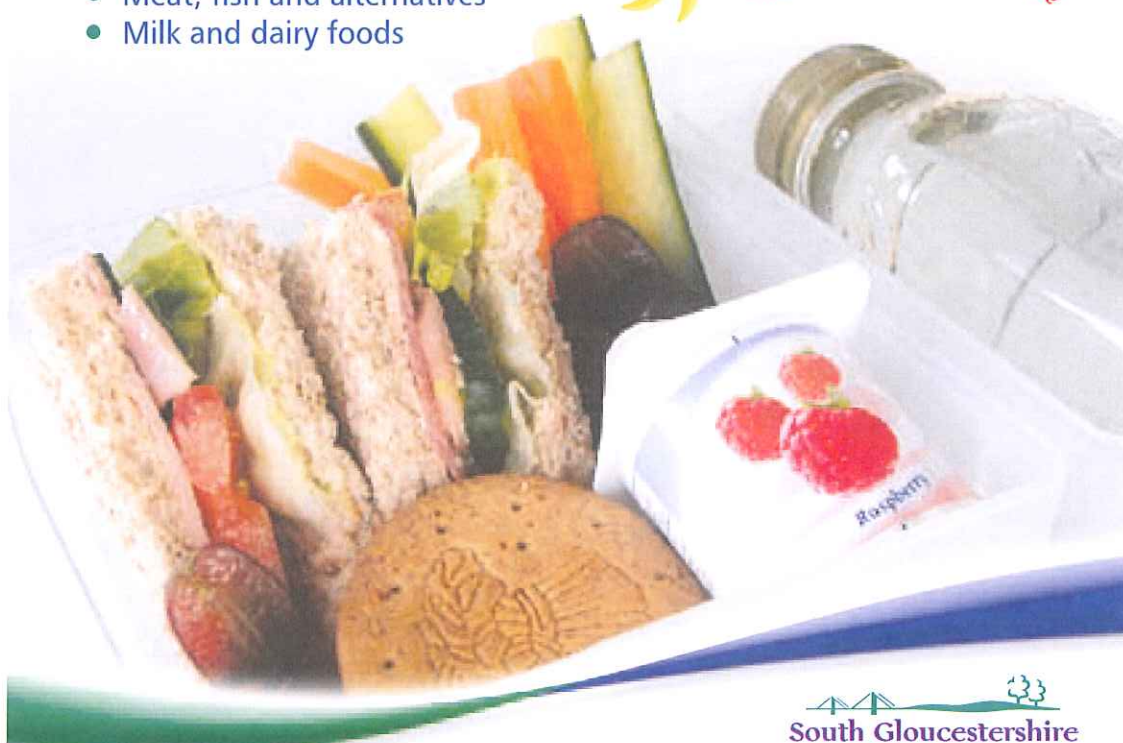
These guidelines will help parents and carers provide a tasty, interesting and healthy lunch box. The information is suitable for children from 2 years upwards.

A healthy lunch box includes food from each of the four main food groups:

- Bread, cereals and potatoes
- Fruit and vegetables
- Meat, fish and alternatives
- Milk and dairy foods



*Promoting a Healthy Lifestyle through Childcare*



## **Sandwiches are often the main part of a lunch box**

### **Bread**

Try different varieties of bread e.g. sliced bread, rolls, baps, pittas, baguettes. Choose different types e.g. wholemeal, white or granary.

### **Fillings**

Try to include some fruit or vegetables in the fillings. You could make up some of your own fillings:

- |                            |                            |
|----------------------------|----------------------------|
| ✓ ham & tomato             | ✓ chicken & salad          |
| ✓ tuna & sweetcorn         | ✓ sardine & tomato         |
| ✓ egg & cress              | ✓ hummus & grated carrot   |
| ✓ corned beef & tomato     | ✓ salmon & cucumber        |
| ✓ cream cheese & pineapple | ✓ grated cheese & cucumber |

### **Alternatives to sandwiches:**

These ideas make a change to sandwiches:

- |                         |                |
|-------------------------|----------------|
| ✓ potato salad          | ✓ rice salad   |
| ✓ pasta salad           | ✓ pizza slices |
| ✓ couscous & vegetables |                |



### **Milk & Dairy Foods**

Try to ensure an item from this group is included:

- |                           |                          |
|---------------------------|--------------------------|
| ✓ fromage frais           | ✓ yoghurt                |
| ✓ cheese                  | ✓ milk or flavoured milk |
| ✓ rice pudding or custard |                          |

### **Drinks**

Water and milk are the best drinks for children under 5.  
Fruit juice can also be included.

## **Fruit & Vegetables**

Aim to include two items from this group for crunch, colour and health (e.g. add as a sandwich filling and as a separate item):

- ✓ tomato - sliced or chopped
- ✓ carrot - whole, grated or sticks
- ✓ apple - whole or grated with cheese
- ✓ cucumber - sliced or chunks to crunch
- ✓ sweetcorn
- ✓ lettuce - shredded
- ✓ mustard and cress or watercress
- ✓ peppers - rings, slices or chopped
- ✓ coleslaw
- ✓ peaches - whole or mixed in filling
- ✓ pears - ordinary or avocado
- ✓ melon
- ✓ mixed salad - as filling or separate
- ✓ banana - whole or mashed as filling
- ✓ dried fruit - such as sultanas, raisins, apricots
- ✓ kiwi - eat with a spoon like an egg
- ✓ pineapple - rings or added in filling
- ✓ beansprouts
- ✓ tangerines and satsumas or other easy peel citrus
- ✓ grapes - cut lengthways



## **Foods high in fat and sugar**

If your child eats foods such as crisps, biscuits and cakes at home there is no need to include any in a lunch box. But if you do put anything extra in their box here are some healthier ideas:

- |                  |                           |
|------------------|---------------------------|
| ✓ fruit scone    | ✓ tea cake or currant bun |
| ✓ pancakes       | ✓ plain popcorn           |
| ✓ plain biscuits | ✓ breadsticks             |
| ✓ crackers       | ✓ fruit cake              |



## Allergies and nuts

If there is a family history of allergies e.g. asthma, eczema, hayfever, nut or other food allergy you should not give your child peanuts or foods containing groundnut oil until they are at least 3 years old (Birth to Five 2005).

Do not give any type of whole nuts to children under five in case of choking.

If you have any concerns about allergies or nuts, please inform the person caring for your child.



## Food safety

- Warm conditions can encourage the growth of bacteria so it is important to keep packed lunches cold.
- Pack the food in an insulated cool bag or lunch box along with an ice pack. This should be done all year round but it is especially important during summer months.
- If you make the packed lunch the night before, store it in the fridge. Do not store it in a warm room or by a radiator.
- Remember to wash fruit and salads before eating them.

## Your Health Visitor

If you have any concerns about your child's appetite or diet please contact your health visitor. Their contact number can be found in the front of your Child's Health Record.

This information can be made available in other languages, in large print, Braille or on audio tape. Please phone 01454 868686 if you need any of these or any other help to access Council services.

For further information about packed lunches or food generally please contact the Food Team. 01454 863557