

Packed Lunches

The government have introduced statutory standards for all Early Years Providers.

The Early Years Statutory framework states that: Providers must take all necessary steps to keep children safe and promote good health. Which includes healthy, balanced, and nutritious foods in lunch boxes, food served at snack times and oral health. (oral health doesn't just mean cleaning teeth and going to the dentist it also means the food and drink we put in our mouths).

All lunch boxes must contain healthy foods and either **plain water** or **plain milk** (no fruit juices or yogurt/fruit puree drinks). Please help support your child as any unhealthy foods or drinks will have to be sent home. There will be fruit/veg, crackers, bread sticks or bagels available in the pre-school until we all adjust to these new standards.

What should go into a pack lunch for a 2–4-year-old?

Provide one portion of **starchy food** as part of your child's lunch

Examples:

White, wholegrain, wholewheat bread or rolls

Bagel

Tortilla wrap

Pitta bread

Chapatti

Pasta

Rice

Couscous

Fruit bun, malt loaf or raisin bread

Scotch pancake

Oatcakes

Crumpet

Cooked potatoes

Crackers

Bread sticks

Pitta bread

Puffed wheat

One portion of **protein** food

Examples:

Chicken

Turkey

Ham

Beef

Lamb

Pork

Sardine

Tuna

Salmon

Egg

Houmous, lentils or other beans and pulses

At least one portion of **vegetables**

Examples:

Cucumber

Carrots – sliced

Tomatoes

Celery

Red or green peppers

Sweetcorn

Mixed salad

Sugar snap peas

Peas

Radishes

Green beans

At least one portion of **fruit**

Examples:

Apple

Pear

Banana

Clementine, orange

Strawberries

Grapes – cut in half longways

Kiwi

Melon

Pineapple

Mango

Fruit in fruit juice

Avocado

Blueberries – cut up

Melon

Mango

Apricot

At least one portion of milk or **dairy** foods or alternatives

Examples:

Milk to drink

Plain yoghurt

Plain fromage frais

Cheese – cut into strips

Cheese spread

Rice pudding

Custard

Cottage cheese

Please do not put nuts or any nut products into lunch box

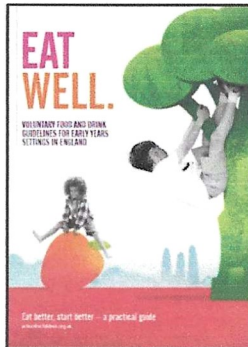
We now have no allergies to fish

Any questions please speak to Ros, or any member of staff.

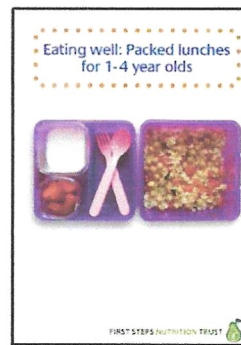
Thank you

6. Useful resources

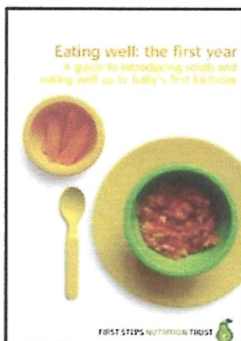
Action for Children (2017).
Voluntary Food and Drink Guidelines for Early Years Settings in England – A Practical Guide⁵



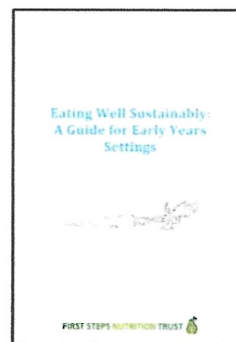
First Steps Nutrition Trust (2015).
Eating well: packed lunches for 1-4 year olds⁵³



First Steps Nutrition Trust (2017).
Eating well: the first year. A guide to introducing solids and eating well up to baby's first birthday²⁹



First Steps Nutrition Trust (2013).
Eating Well Sustainably: A guide for Early Years Settings³⁴



Action for Children (2017).
Promoting and supporting healthy eating in early years settings⁵⁴



Defra (2015)
Government Buying Standards for Food and Catering Services³⁶

