

# Newchurch Pre-School



## Healthy Packed Lunch Guide

*“kids who are fed healthy foods grow up loving healthy foods”*

Newchurch Pre-School wants you child to enjoy a healthy and nutritious packed lunch whilst at Pre-School, with the information in this leaflet we aim to support and work with our parents to achieve this goal.

*“Lunch is an important meal for children to provide energy and nutrients to keep them going throughout the afternoon. A packed lunch made at home can be a healthy and delicious choice and gives you control over the foods and ingredients included.”*

*([www.nutrition.org.uk](http://www.nutrition.org.uk))*

### **Why provide a healthy and nutritious packed lunch for your child?**

Providing your child with a healthy balanced and nutritious packed lunch will;

- Make a positive contribution to children’s health.
- Enable children to grow and develop to their full potential physiologically and psychologically.
- Work to reduce the prevalence of later childhood obesity and associated chronic diseases.

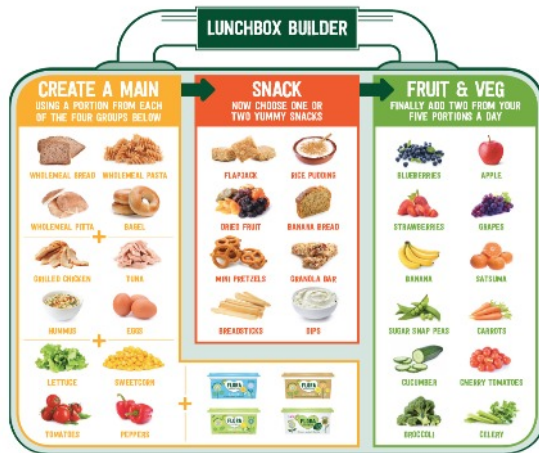
### **What makes a healthy, balanced packed lunch?**

*“The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy.”*

*([www.nutrition.org.uk](http://www.nutrition.org.uk))*

According to NHS choices a balanced lunchbox should contain;

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad and a portion of fruit



As a pre-school, we acknowledge the importance of different cultures and religious beliefs and how these beliefs can impact on the diet of a child. We will therefore work with all parents to provide a healthy, balanced packed lunch whilst adhering to children's individual beliefs and dietary requirements.

### What drink options could be included in a healthy, balanced packed lunch?

The best drinks to give children are;

- Water
- Semi-skimmed milk.

Other healthy drink options include;

- Unsweetened 100 % Fruit juice
- Smoothies

If providing fruit juice and smoothies within your child's lunch box remember, these should be limited to a total of 150ml a day (1 portion) due to the natural sugars released in these when fruit is juiced or blended. 150ml of unsweetened 100% fruit juice or smoothie can count as 1 of your child's five a day.

Why not try making your own smoothies with your children blending soft fruits with milk of yogurt into a 150ml portion?

## Where can ideas be sought from to keep children's packed lunch's varied?

There are a number of resources which can be accessed to help provide lots of easy to prepare ideas and recipes along with top lunch box tips.

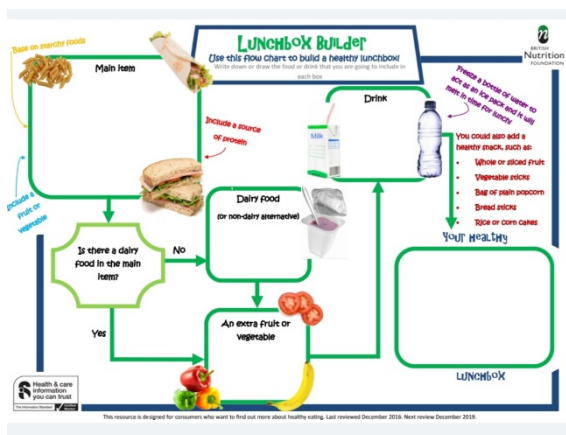
Some useful website resources include;

- <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-tips>
- <https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches.html?limit=1&start=2>
- <https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>
- <https://realfood.tesco.com/curatedlist/lunchbox-ideas-for-kids.html>

Further suggestions can be obtained by typing 'healthy packed lunches for kids' into a search engine.

## How can children be involved in making healthy choices for their lunchbox?

Why not include your child in putting together their lunch box, teaching and encouraging them to make healthy choices using this 'Lunchbox Builder Flow chart.'



(PDF Download available from

<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches.html?limit=1&start=3>