



# Hollytree Preschool

## Healthy Packed Lunches



At Hollytree we aim to make lunchtime a positive experience for our children. This is a sociable time as well as a time to help children learn about the importance of healthy choices about food and drink.

The key to a healthy lunch box is to provide a balance of appropriate foods from the four main food groups –

- Starchy carbohydrates
- Fruit and vegetables
- Dairy and alternatives
- Protein foods



### 1. Starchy Carbohydrates

This should be the base for every meal. Choose **ONE EVERYDAY** from:

- Bread, rolls, bagels, wraps, pitta or baguettes
- Pasta
- Couscous
- Crackers or breadsticks
- Pizza
- Fruit, plain or cheese scones

Choose wholegrain whenever possible or 50/50 options



### 2. Fruit and vegetables

Choose **TWO EVERYDAY** from:

- Apple, banana, pear, orange, plums, strawberries
- Small pot of mixed berries or grapes
- Melon or mango
- Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- Salad vegetables
- Dried fruit such as raisins, apricots or figs
- Fruit and vegetable smoothies

Grapes and cherry tomatoes must be cut into quarters to prevent choking

### No Nuts Please!

Due to allergies, we are a nut free preschool so please do not send any kind of nuts or products containing nuts in with your child.

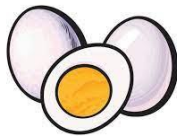


### 3. Dairy and alternatives

Choose **ONE EVERYDAY** from:

- Milk
- Cheese – hard cheese, soft cheese, cheese spread
- Yoghurt or fromage frais
- Custard

Try to choose low sugar dairy products



### 4. Protein foods

Choose **ONE EVERYDAY** from:

- Meat – chicken, ham, turkey
- Fish – tuna, salmon
- Eggs
- Non-dairy protein e.g. lentils, chick peas, beans
- Meat alternatives such as Quorn or tofu

### Occasional treats!

We all love a treat and children especially enjoy sugary products! It is important to have a balance but please try to choose **ONE** of the following per day:

- Crisps – healthier alternatives include rice cakes, breadsticks, plain popcorn or vegetable crisps
- Cakes and biscuits – a small cake or chocolate biscuit, fruit bread or malt loaf
- Jelly

Please do not send sweets, chocolate bars, fizzy or sugary drinks

### Drinks

Children have access to their drinks bottles all day and we are happy to refill with water. If your child will not drink water please don't worry, diluted low sugar squash or fruit juice is fine.



We don't have space to store lunches in a fridge so putting an ice pack in your child's lunch box or bag can help keep food cool.

Please also make sure your child has the cutlery they need for yoghurts, pasta etc.

Please try to send in familiar foods, preschool lunchtimes are not the time to introduce new ones! It can be upsetting if the children are hungry but don't like what has been put in their lunchbox.

Keep portion sizes manageable – children love to finish what is in their lunchbox so try to avoid sending 'extra' food to give them more choice.