

Kingswood Nursery School

Packed Lunch Club operates between 11.30-12.30



Essential Information:

- **We are not able to heat up food**, so please send in food that can be eaten cold.
- **We will not be able to refrigerate your child's lunch box** and so you may want use a cool bag and put in a frozen drink or reusable ice pack to keep your lunch.
- **School does not allow any types of nuts** (due to allergies). *Please note that this also includes many chocolate spreads as these often contain nuts.*
- **School does not allow crisps.** A bag of crisps takes far too long for the children to eat, we want to encourage healthy lunches and for many children the sight of the crisps puts them off eating their healthy foods.
- **School does not allow sweets or chocolate** in packed in lunch boxes as we are encouraging our children to eat healthily.
- **School does not allow fizzy drinks in lunch boxes.** *Please be aware that many fruit juices are high in sugar.* Water will always be available and saves you sending a drink in to school.
- **Please do not overwhelm your child by sending in too much food!** We will always send home 'leftovers' so that you have an idea of how much they are actually eating.
- Please consider the packaging that the lunch is wrapped in. You should aim for your child to be able to open and manage as much as they can themselves.
- You do not have to send in sandwiches. You could choose from pitta strips, crackers, bread sticks, pasta, rice or potato salads and fruit and vegetable finger foods.

Below are some websites you may find useful for suggestions.

www.nhs.uk/change4life/recipes/healthier-lunchboxes

www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration

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

Lunchbox tips (and rules!)



Keep them fuller for longer Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Alternatives to sandwiches Wraps, pasta, rice can make a welcome change.



Less spread Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



Cut back on fat Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



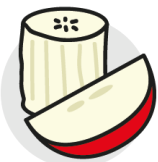
Ever green Always add salad to sandwiches – it all counts towards your child's 5 A DAY.



Always add veg Cherry tomatoes (slice in half to prevent choking), or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY.



No crisps, sweets or chocolates allowed Swap for homemade plain popcorn or plain rice cakes.



Add bite-size fruit Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes (to prevent choking) or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown. *Be aware that dried fruits contain a lot of sugar.*



Go low fat and lower sugar Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



Get them involved Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make