Healthy Packed Lunches at Children's House Nursery School

At lunchtime, the children are seated in small 'family style' groups to support the development of social skills. Their growing independence, for example in the use of utensils and when clearing away, is facilitated, and table manners are taught.

Fresh drinking water and cold milk are available.

Packed lunches should include each day:

- At least one portion of fruit and one portion of vegetables or salad; for nursery children, grapes and cherry tomatoes should be cut in half to prevent them being a choking hazard
- Meat, fish or another source of protein (e.g. eggs, lentils, beans, hummus or falafel)
- A starchy food, such as whole grain bread, pasta, rice, couscous, noodles or potatoes;
- A dairy food, such as hard cheese (not dunkables or cheese strings) or unsweetened yoghurt

Packed lunches should not include:

- Cold fast food, such as burgers, pizza or fried chicken
- Crisps or crisp like snacks.
  instead, include vegetables, fresh or dried fruit or seeds (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Nuts – as these may cause a severe allergic reaction, we request that nuts and nut products are not sent into school – see above for alternatives
- Sweets and items containing or coated in chocolate
- Sugary drinks, such as fruit juices, milk shakes or fizzy drinks drinking water is available.

Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally
A portion of cake or a biscuit is allowed on a Friday, to be eaten as part of a balanced diet.

As fridge space is not available, children are advised to bring packed lunches in insulated bags with freezer blocks where possible.