

Factsheets for Early Years settings:

Packed lunch guidance



HEALTHY EARLY YEARS AWARD
Southampton

A portion of starchy food

E.g. bread (all types including pitta, wrap, bagel), pasta, potato (e.g. in a salad). These foods are a good source of energy and fibre. Try to include wholegrain varieties some of the time. Use spreads sparingly.

A portion of dairy produce

E.g. cheese and yoghurt. These are needed for maintaining strong teeth and bones. Look for lower sugar varieties when comparing brands. In addition, choose low fat varieties for children over 2 years

A portion of vegetable/salad

These help support all the body's systems and have a role in preventing future disease. It's important to provide a good variety.

Examples include:

- Raw vegetable sticks (e.g. celery, peppers, cucumber, carrots) with a hummus or cream cheese dip
- Salad vegetables in a sandwich or wrap (e.g. lettuce, cucumber)
- Raw and/or cooked vegetables in a pasta salad
- A pot of tinned sweetcorn (in water, drained)

A portion of protein-rich food

E.g. beans, eggs, fish, meat, chicken. Protein-rich foods help build muscles, are a good source of energy and contain important nutrients like iron. Choose lean (lower fat) options, and remember to include oily fish sometimes. Try to limit pastry items (e.g. sausage rolls), processed meats (e.g. sausages) and pasties to no more than once every 2 weeks. Examples include:

- Boiled egg or cooked chicken in a salad
- Salmon pasta salad or mackerel pate on crackers (examples of using oily fish)
- Vegetarian sources of protein, e.g. hummus on crackers or as a dip with chopped vegetable sticks

A portion of fruit

Like vegetables, fruit helps support all the body's systems (e.g. the immune system) and has a role in preventing diseases in the future. Fruit can be fresh, tinned (in natural juices not syrup) or dried (e.g. small packet of raisins).

Fruit is the ideal healthy substitute for chocolate bars and biscuits.

A drink

Drinks are vital for keeping children hydrated, which in turn helps with their concentration, maintaining regular bowel habits and general wellbeing. Only water or milk (semi-skimmed for children over 2) should be included.



Factsheets for Early Years settings:

Packed lunch guidance



HEALTHY EARLY YEARS AWARD
Southampton

Example week's menu on a budget

Monday

- Medium wrap with ½ chicken breast
- Pot of carrot and cucumber sticks
- 1 fromage frais
- Handful of berries

Tuesday

- 2 slices wholemeal bread with grated hard cheese and sliced tomato
- 1 fromage frais
- Pot containing apple slices and sliced grapes

Wednesday

- Soft wholemeal roll with cream cheese and sliced cucumber
- Small tub hummus
- Red pepper sticks
- Satsuma

Thursday

- 2 slices of wholemeal bread with spread and sliced hard boiled egg
- 1 fromage frais
- Pot containing carrot sticks and 4 small cherry tomatoes
- Small box of raisins

Friday

- Cooked pasta with ½ can of tuna mixed with mayo, drained tinned sweetcorn and cucumber chunks
- Banana
- Pot of natural yoghurt



For more information, please visit:

- www.firststepsnutrition.org/eating-well-early-years
- www.nhs.uk/change4life/recipes/healthier-lunchboxes
- www.foundationyears.org.uk/wp-content/uploads/2017/11/Healthy-packed-lunches-for-early-years-FACT-SHEET.pdf