



# PACKED LUNCH GUIDE

We are committed to providing children with meals, snacks and drinks that are healthy, balanced and nutritious

SVPS is a nut free setting.

At the beginning of lunch children are helped to wash their hands and find their named lunch box at the table. We will support them to settle down to eat their lunch and join in conversations with their friends and adults.

We will encourage them to eat their sandwich/ savoury foods before sweet foods. We will top up their water bottle.

We ask you to note a few points:

- ✓ Please label your child's bag/box clearly.
- ✓ Please ensure that your child's drink bottle is easy for them to drink from, Please make sure the bottle is named. Do not send fruit juice or cordial.
- ✓ Do not put medicine such as Movicol in drinks bottles unless you have first discussed this with us.
- ✓ Please put an ice pack in your child's lunch to keep it cool .
- ✓ We are unable to warm up food.
- ✓ Please provide cutlery.
- ✓ Don't be afraid to give small portions. We will give the children a good snack mid-morning. For eg.
  - sandwiches made from one slice of bread
  - some fruit /salad
  - a yoghurt.
  - Individual malt loaf or similar
- ✓ We will return uneaten food (apart from yogurts and drink cartons). This is so that you can see what they have eaten. If they have eaten everything, we will throw away any empty packaging.

## Allergies

As we are a nut free setting we would ask that no foods containing nuts/nut products are included in packed lunches.

*We hope your children will enjoy their lunch with us. Packing a lunch for children can be a challenge so here are some tips:*

### 1. Bread, cereals or potato

Start a packed lunch off with some starchy carbohydrate to give your child long-lasting energy.

Ideas: Bread or roll, bagel, pitta, French stick, fruit bread, malt loaf, crisp bread and crackers (non-seeded variety please), and salads.

Wholegrain breads are fine occasionally if sesame free, but young children have small stomachs and too much fibre can fill them up so they won't eat energy rich foods needed for growth and interfere with the absorption of minerals.

### 2. Fruit and vegetables

Ideas: Salad in sandwiches and rolls, tomatoes, apples, pears, satsumas, bananas, grapes, melon, plums, nectarine, tinned fruit pieces, fruit salad.

### 3. Meat, fish or alternative

Ideas: Slices of ham, chicken and turkey, pork pie, canned tuna and salmon, quorn etc.

### 4. Milk or dairy

Ideas: Milk, cheddar, edam, cheese triangle, low fat soft cheese, cottage cheese, fruit yoghurt, fromage frais, drinking yoghurt, pots of rice pudding.

### 5. Drink

We will provide drinking water. Please supply a named drinks bottle.

### 6. Portion size

Please only send what you expect your child to eat. Cutting up sandwiches and fruit, (especially cherry tomatoes and grapes) into small manageable child size pieces is a good idea. We support the children to eat up all their packed lunch. They will bring home what they don't want or can't eat or didn't like.

### 7. Familiar food

Pre-school packed lunches are not a good time to introduce new foods for the first time to your child. It may be upsetting for the child if they are hungry and don't like the food they have been given.

Please talk to a member of staff if you would like more information.

