

Hopton Primary – EYFS Packed Lunch Advice

If your child is staying over lunchtime in nursery, or are in reception class and do not want a school dinner, they require a packed lunch.

Children's packed lunches should be based on the 'Eatwell Guide' model which shows items from the 5 main food groups; (Food Standards Agency).

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions.

Examples of these could be;

- Sandwiches made with sliced bread, pitta bread, wraps, chapattis or bread rolls
- A scone or currant bun
- A bagel
- Pasta, couscous or rice

Fruit and Vegetables

These foods provide vitamins, minerals and fibre.

Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

Examples of these could be;

- Carrot/cucumber sticks, celery, sliced peppers etc.
- A piece of fruit-apple, orange, banana, pear, kiwi, plum etc.
- Grapes- these must be cut length ways to reduce the risk of choking
- Fruit salad

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch. Examples of these could be;

- A pot of yoghurt, custard or rice pudding (please provide a spoon)
- A piece of cheese (match box sized)
- 2 triangles of spreadable cheese (this could be included in the sandwich)

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods.

Examples of these could be- (these could be included in the sandwich)

- Slices of cooked meat
- Slices of chicken or turkey breast
- Hardboiled egg
- Tuna, salmon, mackerel or sardines
- Hummus

Crisps and crackers

Children are able to bring a bag of crisps or crackers; however, we advise baked rather than fried as they are a healthier option.

Drinks

Any drinks provided in lunch boxes should include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted sugar free juice, fruit or dairy based smoothies.

Water bottles

Children are encouraged to bring a water bottle into nursery for usage throughout the nursery day. Water bottles must be taken home frequently to be washed thoroughly.

Storage

Please note that lunchboxes are stored on a trolley until lunchtime, we therefore advise the use of a cool pack (named) in your child's lunchbox.

Hot Food

We are unable to heat/ re-heat food at school for food hygiene purposes. Our insurance policy **does not** cover the use of thermos flasks or containers, as the temperature of the contents cannot be regulated.

Waste and Disposal

School will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can monitor what their child has consumed during the day. If the bag is left at nursery, these items will be disposed of due to hygiene reasons.

Allergies

Children are explicitly told not to share their food with others. Please support school in maintaining the safety of others by avoiding products that contain nuts, this includes chocolate spread.

Chocolate and Sweets

Children may have 1 item for dessert, this may be a bun, or biscuit product. These may contain chocolate, for example a chocolate chip cookie.

Bars of chocolate and sweets should not be included in lunchboxes.