

# Pack a healthy lunch

We want to help create healthy habits for your child and so discourage crisps, chocolate and sweets in playgroup packed lunches.

Milk or water is provided at snack and lunchtime so please do not send a drink (special diets are always catered for).

Our snack and lunchtimes are social occasions as adults and children chat about things that have happened in and out of playgroup. We all sit together and use the same china plates and cups - open cups help with coordination, healthy teeth and speech development. We find the children benefit from this and we even encourage washing up afterwards!

A healthy lunchbox includes fruit and vegetables, grains, dairy and protein.

## Fruit and vegetables

Try to add at least one piece of fresh fruit and vegetable. Keep offering small amounts of other fruit and vegetables so your child can learn to like different tastes.

Try

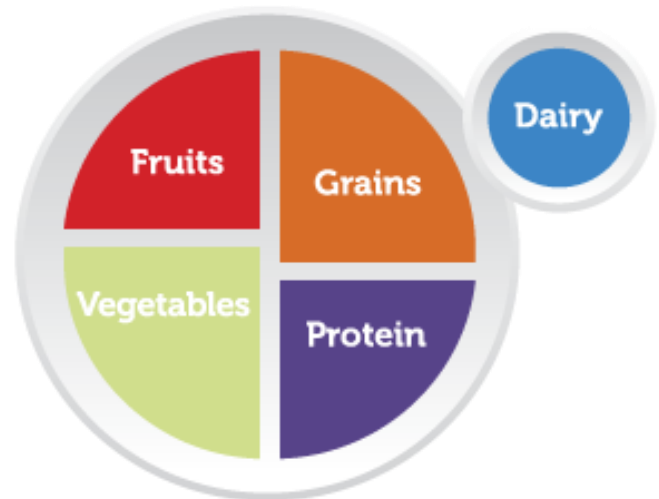
- 3-8 grapes, strawberries, blueberries
- $\frac{1}{4}$ - $\frac{1}{2}$  medium apple or pear
- $\frac{1}{4}$ -1 banana
- $\frac{1}{2}$ -2 tbsp raisins
- 1-3 cherry tomatoes
- 2-6 vegetable sticks such as cucumber, celery, pepper or carrot
- $\frac{1}{2}$ -2 tbsp peas and sweetcorn

## Protein

Meat, fish, eggs, beans and other non-dairy sources of protein.

Try

- 2-4 tbsp cooked meat such as chicken
- $\frac{1}{2}$ - $1\frac{1}{2}$  tbsp tinned tuna/salmon
- $\frac{1}{2}$ -1 hard-boiled egg or omelette
- 1-2 tbsp hummus
- 2-4 tbsp chick peas, lentils or beans
- 2-3 tbsp baked beans



## Grains

Try

- $\frac{1}{2}$ -1 slice of bread, pitta, tortilla wraps or bagels
- 1-2 rice/oat cakes
- 2-4 tbsp cooked rice, pasta or cous cous

## Dairy

Try

- 1 cheese triangle, cheese string
- 2-3 tbsp grated cheese
- 1 pot (125ml) yogurt
- 2 pots (60ml) fromage frais, small yogurt tubes
- 2-4 tbsp rice pudding

Please note, we are unable to re-heat food please use a food flask if you wish to send in a hot lunch.