



Lunch Club guide

At Little Orchard Nursery we believe that healthy eating and good nutrition is essential for health and effective learning.

- If you are sending your child in with warm food, it must be in an appropriate vessel such as a thermos flask. We are unable to reheat any food.
- Please make sure you provide cutlery for your child to use if needed.
- Please make sure your child's lunch is in a lunch box that is clearly labelled with their name.
- Please do not include nuts of **any kind** (including Nutella and peanut butter).
- Please do not include chocolate, popcorn or sweets – this includes raisins, sultanas, fruit roll ups/winders and 'Yo-Yo' snacks of any kind.
- Please make sure your child's lunch includes a variety of foods with fruit and vegetables.
- Please make sure you cut fruit and vegetables into bite size pieces, for example cut grapes and cherry tomatoes in half-length ways and cucumber and carrots into sticks.
- Children are to only have water in a named drink bottle for Nursery.

Please have a look at the following links for tips and ideas for healthy lunches for your child including portion sizes.

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.healthyway.com/content/items-you-should-never-pack-in-your-childs-lunch>

<https://www.nhs.uk/start4life>

<https://www.firststepsnutrition.org>

Please see below pictures for healthy packed lunch options



Salmon and salad bagel



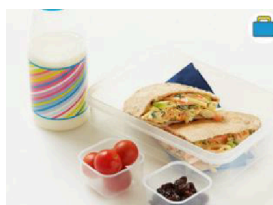
Soft cheese and salad sandwich



Spicy chicken and salad wrap



Tuna and bean salad



Cheesy coleslaw with wholemeal pitta



Creamy hummus dip with pitta bread and vegetable sticks



Egg mayonnaise and lettuce bap



Hummus and salad wrap



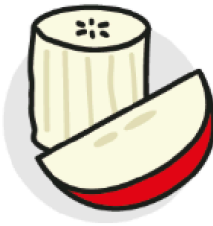
Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts

A small pot of tinned fruit in juice - not syrup - is perfect for their lunchbox and is easily stored in the cupboard.



Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

Children wash their hands before sitting down for lunch. Staff and Children sit together; children are heavily supported and monitored while they eat. The Nursery team are paediatric first aid trained. We will return all uneaten food in your child's lunch box, so you know what they have eaten.

If you have any questions, please speak to Miss Zawada (Nursery Lead/Teacher). Miss Bryant (Nursery HLTA).

Many thanks

The Nursery Team.