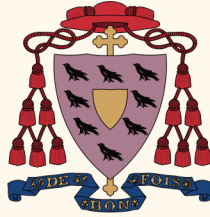




CHADWICK'S KITCHEN

Packed Lunches



A healthy lunch every day will give your child the energy and nutrients they need to grow, develop and learn. Early years settings are improving the food they provide and how they encourage children to eat healthily, and they need your support. The key to a balanced, nutritious diet is variety. This leaflet provides you with some ideas of what to include to ensure that your children's packed lunch is healthy, balanced and nutritious



Each day a healthy packed lunch should include:

- A portion of starchy food White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.
- A portion of beans, pulses, fish, eggs, meat and other proteins Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads
- At least one portion of fruit and/or vegetable Fresh, frozen, canned or dried, these can all count towards 5-A-DAY. Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad. Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.
- A portion of milk or dairy foods Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over)



Don't forget to try school dinners Since September 2014 every infant (aged 5-7) in England is now entitled to a free, healthy and nutritious school lunch. What does this mean for me? If you have a child in reception or Year 1 or 2, you no longer need to pay for school meals or provide a packed lunch. This could save you approximately £400 per year. How do I know the lunch is healthy? All schools have to meet the new school food standards. This means that the food will be healthy and nutritious.

