

# Healthy Packed Lunch Guidance for Parents



**Nuts** Please do not put nuts or products containing nuts in your child's lunch box. We have children in school who have severe nut allergies.

**Water bottles** Please send your child in with a filled, **named** water bottle each day. Water only please. Your child will be offered milk during the day.



Food and eating together is a wonderful source of learning for children. At Charlton Primary school, we aim to make lunchtime a really positive experience.

The key to a healthy lunch box is to provide a balance of appropriate foods from the 4 main food groups:

- Breads and cereals
- Fruit and Vegetables
- Meat or alternatives
- Milk and dairy products or alternatives.

Have a look at this website for some healthy ideas:

[www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/](http://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/)

#### Portion Sizes

Only put in the amount of food you would expect your child to be able to manage to eat. Please do not put extra in for choice. This can lead to children becoming overwhelmed by the amount they think they need to eat.

#### Snacks

Your child will be offered a piece of fruit and a cup of milk during their session.

You do not need to send your child in with extra snack items.

#### Food safety and preparation- avoiding choking hazards

Taken from:



Small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes must be cut into small pieces to reduce choking hazards, ideally, into quarters.

Vegetables such as carrots, cucumber and celery are best cut into narrow batons.

Sausages and hot dogs are safer when cut into short strips. Cut them in half and then lengthways or as thinly as possible.

**We do not have space to refrigerate your child's lunch box. We recommend that you put your child's lunch in an insulated bag and include a cold pack.**

#### Sugary foods

No chocolate bars or sweets please. A small biscuit or cake is ideal.

Please remember that yogurts can be extremely sugary. 1 yogurt is plenty.

**Any questions, please speak to a member of staff.**