

# Huntington under 5's PRESCHOOL

The logo for Huntington under 5's Preschool features the word "Huntington" in a large, blue, rounded font. Below it, the words "under 5's" are written in a smaller, blue font. To the left of the word "PRESCHOOL" is a stylized sun icon with yellow rays and a yellow semi-circle. The word "PRESCHOOL" is written in a large, bold, multi-colored font where each letter has a different color: P (red), R (orange), E (yellow), S (green), C (blue), H (dark blue), O (pink), O (purple), and L (light purple).

**Healthy Packed Lunches: Guidelines, Tips and Ideas**

## Guide to Healthy Packed Lunches

Food group	Examples	Portion size	Notes
<b>Starchy Carbohydrates</b>	Bread, rolls, chapattis, crispbreads, savoury crackers, crumpets, pancakes, pasta, noodles, rice, couscous, potatoes	1 slice of bread 1 small potato 3 tablespoons pasta 2 heaped tablespoons rice	Should make up one third of meal. Choose wholegrain or high fibre versions with less added fat, salt and sugar.
<b>Fruit and vegetables</b>	Vegetables: Carrot, cucumber, pepper, celery, tomatoes, sweetcorn, peas, lettuce. Fruit: Apples, bananas, melon, plums, grapes (halved), strawberries, kiwi, satsumas, pineapple. Tinned fruit in juice (not syrup): peaches, pears, pineapple, prunes. Dried: raisins, apricots, dates.	½ apple, pear, banana, orange 1 tbsp tinned or stewed fruit ½ cup strawberries or grapes 1 tbsp vegetables	Should make up one third of meal. Five child-sized portions of different foods should be offered each day. Dried fruit are concentrated sources of sugar so should be eaten with meals rather than a snack to avoid tooth decay.
<b>Dairy and alternatives</b>	Milk, cheese, yoghurt	½ - 1 pint milk 25g hard cheese 125g carton of yoghurt	Should make up a small portion of the meal. Choose lower fat and lower sugar options.
<b>Protein</b>	Beans, chickpeas, lentils, Quorn, fish, eggs, meat and meat alternatives.	60g meat 2 fish fingers 1 egg 2-3 tablespoons baked beans 2 sausages 4 chicken nuggets	Eat more beans and pulses, 2 portions of fish a week (one of which is oily). Eat less red and processed meat.
<b>Drinks</b>	Water, milk, fruit juice (diluted)	6-8 cups a day total ½ - 1 pint milk 150ml fruit juice/smoothies	Water is the best choice. Avoid squash, fizzy drinks and flavoured water (even if labelled 'sugar-free' or 'no added sugar' as they contribute to tooth decay).
<b>Foods high in fat, salt and sugars</b>	Cakes, biscuits, pastries, crisps, corn snacks, chocolate, sweets, cereal bars, puddings, jelly, ice-cream, jam, honey, sugary squash and fizzy drinks	These foods are not needed in the diet as they have no nutritional value, therefore should be limited.	Eat less often and in small amounts. Avoid eating in between meals to prevent damage to teeth.

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

## Healthy packed lunches for early years

### A practical guide for parents and carers

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.

A healthy, balanced and nutritious packed lunch should include foods from the following four food groups:



**1. Starchy food such as bread, potatoes, rice, pasta** – these foods provide carbohydrate to give your child energy for the afternoon.



**2. Fruit and vegetables** – these foods provide vitamins and minerals to help protect against illness.



**3. Meat, fish, eggs, beans and other non-dairy sources of protein** – these foods provide protein, iron and zinc to help your child grow.



**4. Milk and dairy foods** – these foods are a good source of calcium, for strong bones and teeth.



**Foods and drinks high in saturated fat, sugar (and/or salt)** – try to limit these types of food and drink. Too much salt and saturated fat can increase the risk of some illnesses in later life while too much sugar can damage children's teeth.



## Lunchbox tips



### Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



### Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



### Ever green

Always add salad to sandwiches – it all counts towards your child's 5 A DAY.



### Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



### 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.



### Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



### Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



### 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.



### Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



### 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.



### 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.



### Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



### Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.



### Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.

**Name:** More healthy packed lunch ideas

**Class:** 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.

**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 meat, fish, eggs, beans or other non-dairy sources of protein**

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.

**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).

**A drink** – to help with hydration and concentration.

- ✔ Water – is the best choice.
- ✔ Milk – use whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).
- ✔ Diluted fruit juice (half juice, half water).
- ✔ Avoid squash, fizzy drinks, and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

**Desserts, cakes, biscuits and crisps:** these foods are high in saturated fat, sugar and salt – too much of these foods can be harmful to health.

- ✔ Try to make desserts, puddings and cakes with fruit or milk, such as a banana muffin or rice pudding.
- ✔ Limit confectionery such as chocolate, sweets or cereal bars to help protect your child's teeth.
- ✔ Avoid salty snacks such as crisps. Replace with plain breadsticks.



**Example packed lunch menu**

Provide a variety of foods from each of the food groups listed on the front page across each week. A week's packed lunch menu might look like this:

**Monday**

- Tuna and sweetcorn pasta salad with red pepper sticks
- Apple slices and plain yoghurt
- Water to drink

**Tuesday**

- Chicken and potato with salad
- Ginger biscuits with satsumas
- Milk to drink

**Wednesday**

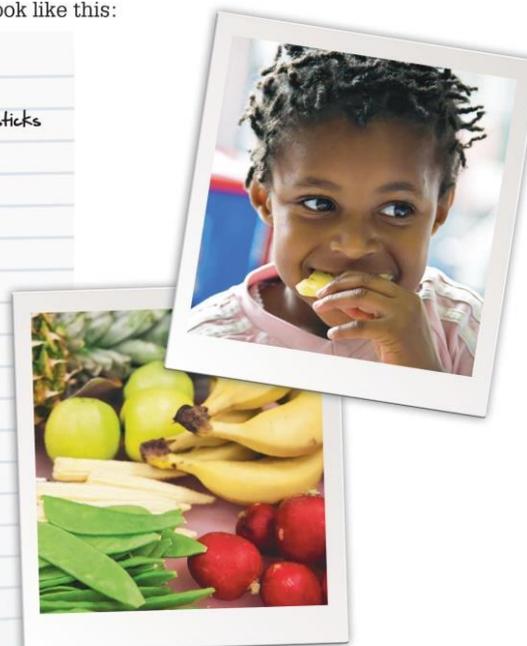
- Cheese salad wrap
- Banana and raisins
- Water to drink

**Thursday**

- Egg salad sandwich
- Seasonal fruit salad with fromage frais
- Milk to drink

**Friday**

- Chickpea vegetable couscous salad
- Blueberry muffin
- Milk to drink



For more ideas on healthy packed lunches visit the Let's Get Cooking at Home website: [www.letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches](http://www.letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches)

**Practical tips for healthy, safe and tasty packed lunches**

**Communicate with your setting about your child's packed lunch.**

- Inform your setting of food allergies or intolerances.
- Check if your setting has a food policy.
- Ask how they store food. If they don't have a fridge, use a cool bag and a frozen bottle of water or reusable ice pack.

**Choosing foods**

- Vary lunchbox contents for a good balance of nutrients.
- Seasonal fruits and vegetables add colour, texture and are often cheaper and tastier.
- Read food labels. Look out for the colour coded nutrition information on the front of packets. Remember the more green(s) on the label, the healthier the choice.

**Preparing the packed lunch**

- Include your child in shopping, choosing and preparing what goes in their lunchbox, giving them choices within the food groups.
- Wash fruit and vegetables, and remove any stones.
- Keep it fresh. Rinsing slices of apple in dilute lemon juice, for example, will stop the slices from turning brown.
- Think sustainably. Use containers and cutlery that can be washed and used again.
- Label your child's packed lunch with their name.

