

This is snack time...

Confused on what you should put in your child's lunch box?

We recommend that you put food in your child's lunch box that you know they enjoy.

Make sure that you put in food that your child can open up and eat easily. For example, see if your child can open the food that are in packages or they can use a spoon when eating a pot of yoghurt.



Nurturing children's love of learning



Evesham Nursery School

We are always here to help!
If you have any more questions
please ask a member of staff.

**What should
be in your
child's lunch
box?**

Evesham
Nursery School

What is a healthy lunch box?

At Nursery we ask you provide a healthy and balanced lunch for your child. You also need to consider how much food you are putting into their lunch boxes as some may go to waste and too much can be overwhelming for some children.

We recommend you put in:

- ◆ Starchy food– this is bread, potatoes or pasta.
- ◆ Protein foods– this can be ham, chicken, tuna etc.
- ◆ A dairy item– this could be cheese or yoghurt pot/tube.
- ◆ Vegetables– such as carrot or cucumber sticks, tomatoes etc.
- ◆ Fruits- such as a banana, orange, apple etc.

Want more food ideas?

The **NHS** and **Change4life** websites have great healthy ideas on what you could put in your child's lunch box

<https://www.nhs.uk/change4life/recipes/lunch>



At Nursery we ask that...

You DON'T put any food which needs heating up.

Please do not put any nuts into their lunch as we may have children with an allergy.

That you put fruit and vegetables into the lunch instead of cakes and sweets.

We also ask for you to cut up the fruit and vegetables. For example, fruits like grapes and tomatoes need to be cut in half and vegetables like carrots or cucumber cut into sticks or circles. This will make it easier for your child to eat them and avoids choking.

Finally a bottle of water for your child to have during snack.

Please add a ice pack at all times.