

As part of our commitment to children's health and well-being, our aim is to teach children about healthy lifestyles and choices. What you put in your child's lunchbox is an important part of that education.

Nutrition: *What balance of foods is good for our bodies*

Variety: *A variety of healthy foods is inviting and tasty*

Portion: *How much our body needs to be healthy*

The British Nutrition Foundation recommends a **5532 a day** balance from each of the food groups:



Toddlers do not need a top-heavy diet of starchy foods – we often see too much bread, cake, biscuits, dunkers, crisps in children's lunches.

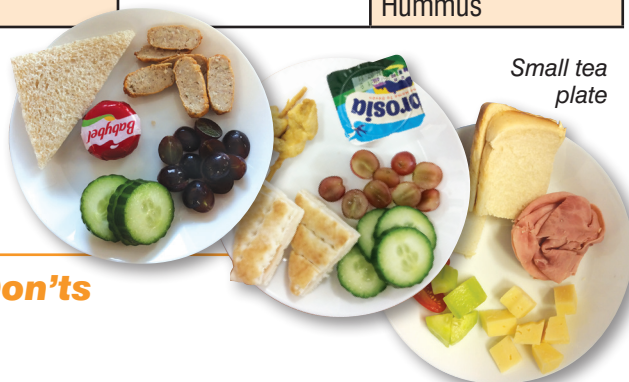
Please see overleaf

Variety: Providing a healthy variety will encourage your child to try new things and also stop them becoming bored of the same foods. 1 small portion from each of the sections below works very well for a healthy, cost-effective packed lunch.

Starchy	Fruit & Veg	Dairy	Protein
Small sandwich (½ - 1 slice bread)	Carrot sticks, peppers or cucumber	Cheese cubes, strings or slices	Ham or chicken slices, tuna or salmon filler
Small pitta or ½ wrap		Yoghurt	Mini sausages
Cold Pasta, cous-cous or rice	Any fruit, colour variety is good	Cheese triangles or soft cheese	Cold omelette
Slice pizza			Boiled eggs
Mini breadsticks			Hummus

Portion Size
is very important:

A child's stomach is the size of their fist, so really quite small.



Lunchbox Do's and Don'ts
at Sunbeams:

Do:

- Give a small selection of healthy food, appropriate to their age
- Make portions smaller eg half a bag of crisps is plenty
- Leave out or limit sugary foods such as cake or biscuits

Don't:

- Include chocolate, chocolate spread, nuts, peanut butter or sweets (it will be sent home)
- Give them an adult size portion in their lunchbox

If you would like to discuss anything about this leaflet or any aspect contained within it please speak to our healthy eating co-ordinator or Manager

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