

## Packed Lunch Guidance

At our nursery, we want to support children in developing healthy eating habits that will benefit them for life. A balanced packed lunch helps your child stay full of energy, ready to play, learn, and grow!

### What to Include

Children are encouraged to eat a wide variety of foods from the four main food groups:

- Fruit and vegetables (e.g. apple slices, carrot sticks, cucumber, berries)
  - Grains and starchy foods (e.g. wholemeal bread, pasta, rice, wraps, pitta)
  - Dairy (e.g. cheese, plain yoghurt in a pot, milk)
  - Protein foods (e.g. beans, lentils, eggs, chicken, fish)
- 👉 Try to include different textures (soft, crunchy, chewy) as these are important for your child's development.

For more ideas and helpful guidance, please see the Early Years Foundation Stage Nutrition Guidance:  
EYFS Nutrition Guidance

### Foods to Avoid

To keep all children safe and healthy, please do not include the following items in your child's lunchbox:

- Sugary drinks (including flavoured water) - we are a milk and tap water only setting
- Foods with artificial sweeteners
- Cakes and pastries (e.g. sausage rolls, pain au chocolate)
- Crisps
- Chocolate spread, chocolate-coated biscuits, chocolate bars, or sweets
- Processed meats (e.g. sausages, bacon, Peperoni)
- Sweetened yoghurts (only yoghurts in a pot, eaten with a spoon, are allowed)
- Popcorn (a choking hazard for under-fives)
- Any items containing nuts (to protect children with severe allergies)
- Leftover takeaway or fast food
- Jelly-based sweets, including fruit winders, YoYo Bear bars, fruity drops

### Helpful Information

For more support with healthy packed lunches and food safety, please visit our website where you'll find all relevant policies:  
Acorn Childcare Centre - Policies & Procedures

✨ Thank you for helping us make mealtimes safe, healthy, and enjoyable for every child in our care!

