

Healthy Packed Lunches at Freuchie Nursery

At Freuchie Nursery we follow the Scottish Government guidance in [‘Setting the Table’](#) to support healthy eating. Whilst we provide lunch and snack in the nursery, some families may choose to send in a packed lunch for their child. We have produced this guide to support families to make healthy lunchboxes using guidance from [‘Hungry for Success: A Healthy Packed Lunch’](#).



Children often get bored of eating the same foods so keep the lunch interesting by not having the same thing every day. A lunch that is bright, colourful and interesting is appealing to eat. Include brightly coloured fruits and vegetables and a range of textures and shapes of foods. Information below to make sure that your child has a good balance of food to cover all the essential nutrients and energy they need at lunchtime.

What does a healthy lunchbox include?

The basics	A good portion of starchy foods to boost energy levels. Try different types of breads and rolls e.g. pitta, wraps, granary bread, baguettes, or crackers. Alternatively, use rice or pasta to make a simple salad. No bagels please due to their high sugar content.
Plenty of fruit and vegetables	Try to include at least two portions. Cut carrots, peppers, celery or cucumber sticks, add cherry tomatoes or pop in a salad. Dried fruit such as raisins and dried apricots are great too alongside a fresh fruit or veg option. Don't forget a piece of kitchen roll for messy fruits.
A tasty filling for sandwiches	Why not try the following: cold meats such as ham, turkey or chicken, canned fish like salmon or tuna, hummus, eggs, cheese or cheese spread. Remember to add colourful salad items such as red peppers, cucumber, tomatoes and lettuce.
A source of dairy foods	Add a pot of plain, unsweetened yoghurt or fromage frais, a carton of semi-skimmed milk or some cheese. Children like individually wrapped portions of cheese or cut a matchbox size chunk of their favourite into cubes or sticks. Reduced fat varieties are preferable e.g. edam, mozzarella, cottage or reduced fat cheddar.

Top tips

- **Drinks** – It is important for young children to be well hydrated. The only drinks that can be provided in nursery are plain water and plain semi-skimmed milk. We provide fresh water and semi-skimmed milk at lunchtime as well as throughout the day.
- **Desserts**- sweetened and baked products, puddings and desserts should be limited to a maximum of three times per week.
- **Confectionery**- should not be provided at any time.
- **Fried foods**- Fried foods such as crisps should be limited to once a week.

Other ideas

- Vegetable soup in an unbreakable flask is great for the winter.
- Left over roast chicken is great with a simple pasta salad and cherry tomatoes.
- Use vegetables and fruits in season to keep costs down.
- Add more grated carrot and a few raisins to bought coleslaw.
- Added extra - Adding a treat to the lunchbox? Try a fruit scone, piece of banana loaf, or a packet of reduced fat crisps.

Packed Lunch Ideas

<ul style="list-style-type: none">• Tuna pasta salad with sweetcorn• Apple• Fruit Muffin	<ul style="list-style-type: none">• Pitta pocket with cheese and coleslaw• Slice of malt loaf• Grapes (quartered lengthways)
<ul style="list-style-type: none">• Roast beef and salad sandwich• Cherry tomatoes (quartered)• Small box of raisins• Fromage Frais (plain, unsweetened)• Satsuma	<ul style="list-style-type: none">• Crusty brown roll with chicken and salad• Rice cake• Banana
<ul style="list-style-type: none">• Tuna and sweetcorn wholemeal sandwich• Yoghurt (plain, unsweetened)• Fruit chunks• Lower fat or baked crisps	<ul style="list-style-type: none">• Wrap with egg mayonnaise and cress• Tub of mixed salad• Small packet of dried apricots• Banana

Food Safety

We are a nut free school so please don't include any nut products.

The Food Standards Agency provides an [Early Years Choking Hazards](#) Table on food safety advice on choking hazards and how to prepare food for young children to minimise the risk of choking.