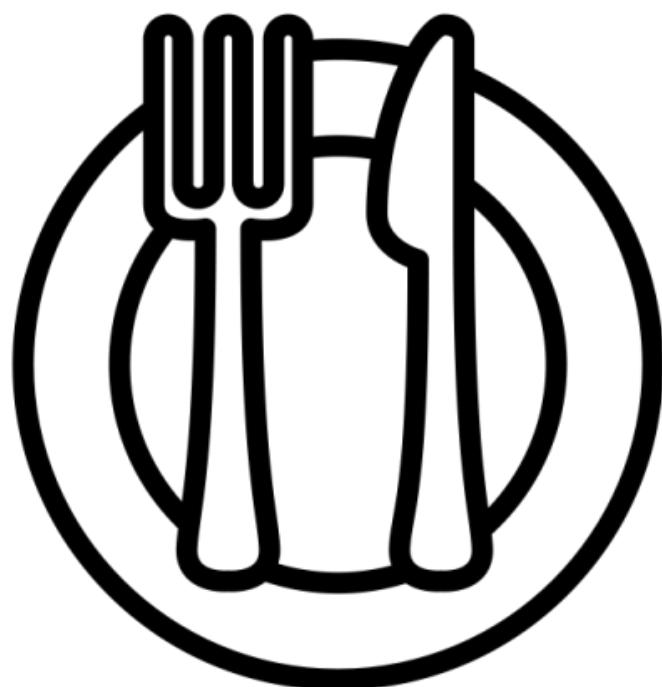




## *A guide to a healthy lunch*



At Dunblane Nursery we strive to contribute to improving the health and wellbeing of our children. We are committed to teaching the children about how to make sensible food choices and the importance of eating a balanced diet. Healthy eating habits instilled now set your child up for a lifetime of eating well. When healthy food is part of your family life it's easier to give your child the nutrition he or she needs to learn, grow and develop.

Your child's lunch can contribute to almost a third of their weekly food intake and should therefore be a balanced, nutritious meal.

**5532-a-day**  
toddler tums

Examples of foods and toddler portion sizes:

- 5-a-day Starchy Foods** (Potatoes, bread, rice & pasta)
  - 1½-1 slice bread
  - 1-2 rice cakes or oat cakes
  - 3-5 tbsp breakfast cereal
  - 1-3 tbsp mashed potato
  - 2-4 tbsp cooked pasta/rice
- 5-a-day Fruit & Vegetables**
  - ½-2 tbsp raisins
  - ¼-1 banana
  - 3-8 grapes
  - ½-2 tbsp peas
  - ½-2 tbsp broccoli
- 3-a-day Dairy Foods** (Milk, cheese & yogurt)
  - 1 beaker of milk (100ml)
  - 1 pot of yogurt (125ml)
  - 1 cheese triangle
- 2-a-day Protein Foods** (3 portions if child is vegetarian)
  - 2-3 tbsp chickpeas, kidney beans, dhal, lentils or beans
  - 2-4 tbsp cooked minced meat
- 0-a-day**

Guide to number of portions across the day in meals and snacks

**Drinks**  
Offer 6-8 drinks a day

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Please note - We are a nut free school, no product containing nuts should be brought into nursery please

## Nursery Lunch

Our nursery lunch menu currently is emailed out to all families and displayed on Seesaw if any changes to the Stirling Council menu are applied. Our school kitchen provides our meals, if your child has any dietary requirement we can set up a meeting to ensure we meet their needs- please speak to a member of our team and we can arrange this. Lunch orders are taken daily and our team will take a note of your child's preferences.

Nursery lunch is a reduced menu due to Covid 19, with a hot choice or a sandwich choice daily along with soup and fruit and an occasional pudding.

We will keep you up to date when we return to a full menu choice and at this time nursery lunch will be a choice of red, blue or green tray and with each tray you can choose either a soup or pudding or fruit. All children will be given either water or milk to a drink with their meal. .

## Packed Lunch

You may choose to provide a packed lunch for your child if the menu choices are unsuitable. Please support the nursery in promoting a healthy lifestyle for your child by providing a healthy packed lunch. Packed lunches will be stored in the nursery fridge and we ask that you leave them in the bag box at the door on arrival, a team member will place the bags in the fridge once we have wiped them down.

Some examples of what to include/not include:-

- ✓ Wholemeal bread, rolls, bagels, wraps, pitas with a filling i.e. ham, cheese, egg, chicken, turkey, tuna
- ✓ Pasta salad or couscous (to be eaten cold)
- ✓ Fresh fruit and vegetables (if providing grapes please ensure they are cut in half)
- ✓ Yogurt, small pot of custard, small serving of cheese
- ✓ Fresh water or milk as a drink
- ✗ NUTS or foods containing nuts- We are a nut free school
- ✗ Fizzy or high sugar drinks
- ✗ Confectionary

As an occasional treat i.e. once a week, a biscuit or packet of crisps may be included.

Any uneaten food will be returned to your child's lunch bag, please ask a staff member if you would like additional information on how your child has eaten daily.

Once families are permitted back into the building, we will post an overview of what your child has eaten on our 'Actives Lives' board in the cloakroom .



Image; Lunch box ideas from NHS Link below

For further information and tips on healthy packed lunches visit:-

[www.nhs.uk>pages>lighterlunchboxes](http://www.nhs.uk/pages/lighterlunchboxes)

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>