

Lunchbox suggestions



1 – 2 slices of wholemeal bread made into a sandwich with 3 – 6 slices of wafer-thin ham, 1 cheese triangle, cut raw carrot and green beans with 2 tablespoons of hummus and a plum.

½ to 1 large wrap filled with 20g grated cheese, 1 boiled egg peeled, peas and sweetcorn cooked and allowed to cool, with a banana and grapes cut in half lengthways.

Pasta with vegetables (broccoli, courgette and cauliflower) and lentils in a tomato sauce, a yogurt, 20g cheese and an apple.



Homemade popcorn, grilled chicken salad (lettuce, sweetcorn, cucumber and tomato), some strawberries and a small chocolate covered biscuit.

½ to 1 bagel filled with hummus and cucumber, cut grapes and melon, cheese sticks and a small packet of crisps.

Rice salad with tuna, cucumber and mayonnaise, cut olives, yogurt tube and blueberries.

Crackers with cream cheese, tomatoes and gherkins, mango and a small packet of crisps.

Couscous with roasted vegetables (courgette, pepper tomato and onion), with a satsuma and a pot of yogurt.



Ham and pea frittata with cheese cubes and half a croissant.

Ham and cheese pizza pinwheels, homemade fruit compote and yogurt, carrot and cucumber sticks.



Lunch Boxes & Portion Sizes

Please remember that **Little Beans** is a nut free area. This includes all items where nuts are present in the ingredients list.

Please can we ask that only one sweet treat is present in a lunchbox. Sweet treats include items such as small chocolate biscuit bars, yogurt biscuit bars, cake and cake like items. Sweets and just chocolate bars are not suitable.



It would be beneficial for the children who have a lunchbox for tea and lunch, to have their items separated for them. Some parents do this by using two lunchboxes, or tubs inside a single lunch box, one for lunch and one for tea. This prevents confusion for the children who are unsure what items to eat when. It also prevents children from eating all their food at lunch time.

We are unable to reheat any food brought it from home or refrigerate lunchboxes or individual items.

We only accept milk or water in the setting, please do not put fruit juice or fruit shoots etc into lunch boxes please.



More information can be found at the following websites, there is no need to subscribe to any of them:

- www.nhs.uk/change4life/
- www.bbcgoodfood.com/recipes/collection/lunchbox
- www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration
- www.realfood.tesco.com/curatedlist/lunchbox-ideas-for-kids.html
- www.holleygrainger.com/125-healthy-lunchboxes-kids/

healthy

Eat well Move more Live longer

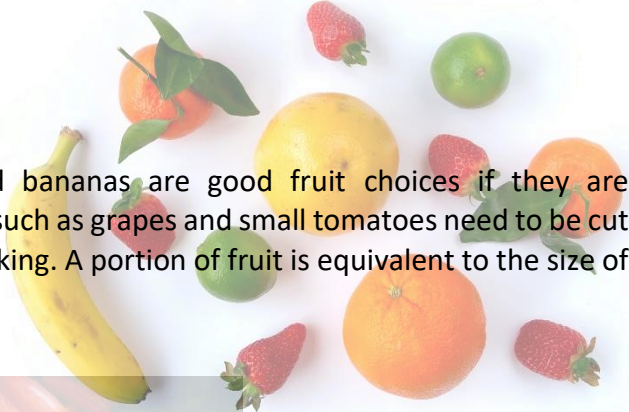
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Portions and your child

All children are unique but need similar nutrients. When discussing portions below, to make it easier several are compared to the size of the child's palm, hand, fist etc. As children are unique and are growing consistently, it may be required to increase the portion sizes of items to ensure that your child is full, however too much food can lead to weight gain.

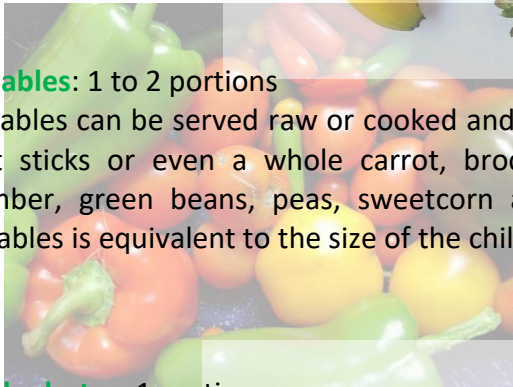
Fruit: 1 to 2 portions

Apples, pears, plums and bananas are good fruit choices if they are appropriately sized. Items such as grapes and small tomatoes need to be cut lengthways to prevent choking. A portion of fruit is equivalent to the size of the child's palm.



Vegetables: 1 to 2 portions

Vegetables can be served raw or cooked and then cooled. Options include carrot sticks or even a whole carrot, broccoli and cauliflower florets, cucumber, green beans, peas, sweetcorn and courgette. A portion of vegetables is equivalent to the size of the child's palm.



Carbohydrates: 1 portion

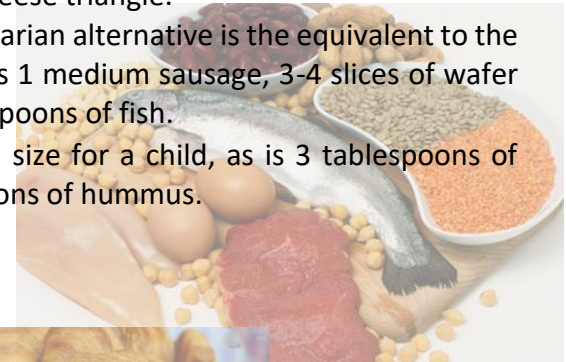
This food group includes items such as bread, pitta, wraps, couscous, pasta, rice, crackers and potato. A portion of carbohydrates is equivalent to the size of the child's fist.



Protein: 2 to 3 portions

This food group includes meat, fish, beans, eggs, vegetarian alternatives and dairy.

- A portion of dairy depends on the item. A portion of milk or yogurt is 125ml, whilst a portion of cheese is 20g, the equivalent to a cheesestring™, babybel™ or cheese triangle.
- A portion of meat, fish or vegetarian alternative is the equivalent to the size of the child's palm, such as 1 medium sausage, 3-4 slices of wafer thin ham or chicken or 2 tablespoons of fish.
- One egg is the correct portion size for a child, as is 3 tablespoons of beans or lentils and 2 tablespoons of hummus.



Foods high in fat or sugar

- Processed and packaged foods generally fall into this category and include: Crisps (1 small bag or pot)
- Biscuits (1 biscuit)
- Brioche (1 small)
- Chocolate (covered biscuit similar in size to a rocky)
- Cakes (1 plain fairy cake)
- Pastries (1/2 a pastry including filled croissants)



These foods should only be given occasionally.

