

Dear Parent/Carer,

As part of the EYFS curriculum we always encourage healthy eating and a healthy lifestyle. We hope that we can support you in doing the same in your child's packed lunches. Below, is an example of what needs to be included in your child's packed lunch to ensure they are getting everything they need.



Fruit and Vegetables

Cucumber, pepper, mushrooms, carrots, peppers, celery, strawberries, oranges, tomatoes, apples, grapes, pineapple, melon



Starchy/Carbohydrate

White/wholegrain bread or roll
Pitta breads
Pasta, Wraps



Dairy

Cheese
Yogurts
Fromage frais



Protein

Egg
Chicken
Fish
Ham

Remember

Always make sure grapes are cut lengthways.
Limit sugary and high fat treats such as cakes and crisps.
Ensure children are provided with a bottle of water through the day.



Drinks

It is important that your little one is hydrated.
Water is always best.
Semi skimmed milk.
Sugar free squash.