



# HEALTH EATING POLICY – PACKED LUNCHES

Following updates to the Early Years Foundation Stage (EYFS) framework. Under this guidance settings are required by law, to promote children's health and wellbeing by providing and supporting positive eating habits.

For us to comply with these guidelines we will be implementing the changes from 23 February. After this time we will no longer be able to allow processed foods in children's lunch boxes. Instead, we kindly ask that lunches include fresh, nutritious foods wherever possible.

## **Healthy Packed Lunch Ideas:**

### **Main ideas**

- Wholegrain sandwiches or wraps with:
- Cheese
- Egg
- Tuna
- Hummus
- Cooked chicken
- Home-cooked leftovers such as pasta with vegetables or rice and beans

### **Fruit and vegetables**

- Fresh fruit (chopped) grapes and large blueberries should be cut lengthways
- Vegetable sticks (carrot, cucumber, pepper)
- Cherry tomatoes (cut lengthways)

### **Dairy/Plant based**

- Cheese cubes or slices (not in packaging,, ie cheese strings )
- Plain yoghurt (you can add fresh fruit)

### **Drinks**

- Water
- Milk

### **Foods to Leave at Home**

Please avoid including:

- Crisps (unless they are low fat low sodium options) and savoury snacks
- Sweets, chocolate, or confectionery
- Cakes, chocolate biscuits, and pastries
- Heavily Processed meats containing high amounts of salt and preservatives (such as peperoni, salami, nuggets, or luncheon meat)
- Sugary or fizzy drinks

We understand that packed lunches can be tricky at times, and we really appreciate your support with this change. If a lunch box does include items that don't meet the guidelines, a member of staff will chat with you at the end of the day.

If you need ideas, have questions, or would like to discuss dietary needs or allergies, please feel free to speak to us — we're always happy to help.

Thank you for working with us to promote healthy, happy children.

Sam Barnett-Legh  
Manager

Camilla Deeley  
Chair

Shelswell and Fringford Preschool Playgroup