



**At Lytchett Matravers Primary and Preschool, we promote healthy eating. We have created the suggested guidance, for a healthy packed lunch.**

What not to pack	Suggestions
No nuts, we are a nut free setting. 	Water as a drink – water is the best option, especially for teeth. Please send your child in with a named water bottle, every day. 
No take-away. 	Carbohydrates - keep them fuller for longer and give them energy! For example: bread, wrap, pitta, bagel, rolls, baguette, rice, couscous, noodles, pasta, oatcakes, rice cakes or crackers. <i>Wholemeal/wholegrain options are best, if your child doesn't like wholegrain, try one slice of white and one slice of brown.</i> 
No sweets. 	Dairy or non-dairy alternatives - good for healthy bones and teeth! For example: cheese, yoghurt, milk. <i>Choose low fat, low sugar options where possible.</i> 
No fizzy drinks. 	Fruit - part of 5 a day. Fruit gives vitamins, minerals and fibre to stay healthy. For example: apple, banana, orange, pear, plum, mango, melon, dried fruit e.g. raisins, apricots, dates, cherry tomatoes (chopped), handful of grapes (halved), fruit salad or fruit kebab <i>Ensure canned fruit is in juice not syrup. Add a squeeze of lemon to stop chopped up fruit going brown.</i> 
Limit sweet treats.	Vegetables and salad – part of 5 a day. Vegetables give vitamins, minerals and fibre to stay healthy. For example: chopped vegetable sticks (e.g. carrot, cucumber, pepper), salad in sandwiches, vegetable soup. <i>Adding a small pot of dip, might encourage children to eat vegetables.</i> 
<b>Break time snack (Year 3 and above)</b> No crisps/sweets/chocolate. Children can have fruit/vegetables or a 'cereal bar' type snack.	Protein – helps growth and development! For example: meat e.g. sliced lean ham, chicken or beef in a sandwich, fish – preferably try to include oily fish such as salmon, tinned mackerel. Aim to have one portion a week eggs, lentils, beans, chickpeas, alternative meat free options. <i>Try to limit processed foods e.g. sausages.</i> 

