



# Lunchbox Tips

Make eating enjoyable.



Pack Lunch @ Woodland Wanderers, here are a few suggestions to promote your child's **independence**, helping to make eating an **enjoyable social experience** at preschool

- Look for an easy to open, insulated type lunch bag and provide an ice pack to keep lunches as fresh as possible.
- Clearly name your child's lunch bag, adding a ribbon tied around the handle or a sticker, can help them to identify their lunch bag.
- Provide a named water bottle – cartons of juice are not necessary.
- Containers with compartments are great for little offerings and variety, name all containers – you can buy stickers from [www.mynametags.co.uk](http://www.mynametags.co.uk) or keep a permanent marker pen to name containers.
- Food flasks are a great way to offer warm foods such as soup, pasta and risotto.
- Containers are washable and more environmentally friendly; tin foil is particularly bad for fruit as the acids react.
- Cling film is tricky to open, and most household recycling collections will not take it. Where possible use grease proof-paper.
- Look for containers with compartments, or small ones to put foods in to offer choices to your child. Children are often put off their lunches if presented with a large volume of one food ('thermos' makes good quality food flasks, or stainless-steel containers with compartments).

## Some Ideas for Small Portions

- Pot of hummus/guacamole – dips
- Raw vegetables to dip – carrots, cucumber, celery, cherry tomatoes, peppers etc...
- Grated cheese of different types or small chunks
- Grated carrot with lemon and olive oil
- Slicers of cold Quorn – mini sausages, Quorn fillets, vegetarian meatballs
- Cooked ½ corn on the cob
- Half an avocado – to eat with a spoon
- Cooked cold vegetables
- Cut up omelette/tortilla
- Hash browns/potato cakes
- Boiled eggs – hens and quails
- Fruit, cut and prepared – half grapes, soft and hard fruits, melon balls, make mini fruit kebabs

## We are a Nut Free & Vegetarian Nursery

*This means no food products containing nuts are brought into the building.*

We hope this will reduce the risk of any child with a nut allergy coming into contact with a food product which could potentially be very harmful to them. We realise that many foods are labelled as having 'traces of nut' or 'cannot guarantee nut free' which are very difficult to avoid. We will speak to parents of any children who join the setting who have a nut allergy to establish the severity of the allergy and put in place a risk assessment. We ask parents when preparing packed lunches not include any food containing nuts (e.g. cereal bars, peanut butter), if they do, these will not be offered to the child but left in their lunch boxes and parents/carers are telephoned to remind them of our nut-free policy.

# Autumn Menu Example

Our food is organic where possible – certainly all milk and dairy. Water is freely available throughout the day and with meals, milk is offered at mid-morning and afternoon snacks. Children with allergies, food intolerance and any dietary requirements will be offered a tailored version of our menu to suit their needs.

Snacks throughout the week will include homemade fruit and savoury muffins, fresh fruit, dried fruit, oatcakes and corn cake. We also choose seasonal locally sourced fruit and vegetables throughout the year.

Days	Breakfast	Tea
Monday	Whole wheat French toast & fruit purée and/or Cereals	Vegetarian nuggets Flatbread with tzatziki Fresh fruit platter to choose
Tuesday	(@forest) Porridge with fruit toppings & croissant/brioche	Cream cheese & cucumber wraps Corn on the cob Fresh fruit platter to choose
Wednesday	Cereal & toast (organic whole wheat hoops or organic Oatabix flakes)	Cheesy snails with cucumber yoghurt drip Fresh fruit platter to choose
Thursday	(@forest) Porridge with fruit toppings and croissant/brioche	Homemade vegetable fingers coated in breadcrumbs Wholemeal pitta with hummus
Friday	Wholemeal toast & honey / marmite / seed butter spread	Wholemeal bagels with Cream cheese Fresh fruit platter to choose

