

Chaucer Infant and Nursery School



Guide to a healthy lunch



We all want the best for our children and providing a healthy and balanced lunch is really important for their growth, as is supporting them to make healthier choices.

Every child at Chaucer Infant and Nursery School who is with us at lunchtime can have a delicious hot lunch free of charge.

Lunches are freshly prepared onsite by our wonderful kitchen staff, and all allergies and religious diets are catered for. Our head cook, Mrs Powers, gets to know each child and their likes and dislikes, and also caters for this.

If your child does bring a packed lunch to school, please make sure it contains a balanced and healthy meal.

We are a strict no nuts school.

This leaflet will provide ideas and inspiration for a healthier lunch.

A healthy packed lunch could contain:



Bread / cereal choices

2 slices of wholemeal bread
1 tortilla wrap
Breadsticks / crackers
1 bagel
Cooked pasta, rice or
couscous

Tip

If your child does not like wholemeal bread, try the breads made with half and half to boost fibre intake



Filling choices

Slices of cooked meat
Hard boiled egg (sliced or
mashed)
Tuna or salmon
Hummus

Tip

Sliced processed meats are higher in salt than meat you cook yourself. Why not use leftovers from dinner the night before?



Fruit and vegetables

An apple, satsuma, or banana
Cherry tomatoes or sweetcorn
Carrot - sticks or grated
Lettuce, cucumber or celery
Strawberries, blueberries or
cherries

Tip

Try chopping larger fruits up to make it easier for younger children to eat. Add a drop of lemon juice to stop it from going brown.



Dairy choices

A mini carton of milk
A pot of yoghurt, custard or
rice pudding
Cubes of cheese
Spreadable cheese

Tip

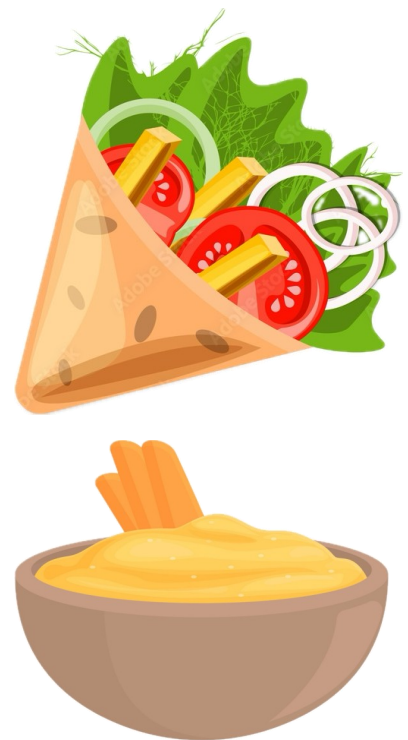
Pop in low fat or lower sugar yoghurt and add your own fruit to it.

Having a healthy lunch does not mean giving up all the food children enjoy. Foods such as a fruit scone, a small packet of crisps or a chocolate biscuit can be added to a packed lunch on a Friday as a treat.

Lunchbox tips:

DIY lunches

Wraps and pots of filling may be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich.



Ever green

Always add salad to sandwiches and wraps, it all counts towards your child's 5 a day. Try including some cucumber slices in their lunchbox for them to add to a sandwich.



Get them involved

Get your children involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

