

We are here to support you as you encourage your child to develop healthy eating habits.

Whether your child has lunchtime at school or at home please let us know how we can help.

Thank you for your support



Atherstone Nursery School



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Atherstone Nursery School
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'Bright Start, Bright Future'
'Chances to explore, discover and grow'



Packed Lunch Guidelines



Atherstone Nursery School strives to promote healthy eating. We do this to ensure that the children in our care have the best possible nutritional start in life.



We would like to help you to provide a healthy packed lunch and, for this reason we have devised the following guidelines with the advice of a dietician. We hope the advice on portion size is particularly useful.



Keeping it Healthy

Try to include:

1. One portion of vegetables or salad and one portion of fruit (fresh, canned or dried can all count)
A portion for a child under five is a child's fistful or e.g.
1-2 cherry tomatoes
2 slices of cucumber
2 slices of apple or pear
A few segments of a Satsuma
5 grapes (cut in half to avoid choking hazard)
1 dessert spoon of peas or sweetcorn
2. One portion of milk or dairy item such as milk, cheese, yoghurt, fromage frais or yoghurt drink
A child's portion is for example, 100ml of milk, a small pot of yoghurt, or a small cube of cheese
3. One portion of starchy food; such as bread, pasta, rice, noodles or potatoes
A portion is one small slice of bread, 1 egg sized potato or 2 tablespoons of rice or pasta
4. One portion of meat, chicken, fish, eggs, beans or other protein source
A portion size is approximately one third to one half the size of the child's palm.
5. We are happy to provide milk or water if you require.

We would prefer children not to bring sweets as they are best saved for occasional treats at home:

We would also be very grateful if children's lunch boxes are peanut and nut free wherever possible.

If giving crisps or other savoury snacks please put just a handful in a small container or bag, and look for reduced salt versions.

We are working on an eco project across the curriculum and sharing ideas with children on how they can make a little difference to recycling and looking after our earth. If you have not done so already would you like to move to bringing in a reusable bottle at lunch times for drinks to reduce the use of daily plastic bottles being used and reusable sandwich boxes with compartments rather than disposable containers, foil and shrink wrap....no plastic bags. Please put your child's name on everything.

Just an idea to consider.



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