

PACKED LUNCHES A GUIDE TO ELC SETTINGS



PACKED LUNCHES

Nursery snacks already follow the national nutritional guidance set out in 'Setting the Table'. If you are interested in finding out more a copy of this guidance can be found at www.healthscotland.com/documents/21130.aspx

The guidance is in place to make sure that all the snacks provided in Early Learning and Childcare settings are providing the children with the variety of nutrients they need to keep them healthy. As young children learn from and copy their peers, the nursery setting also provides an excellent opportunity to increase the range of foods your child is willing to eat. Cost and convenience are also important, with all this in mind we have put together some helpful information to guide you when preparing your child's packed lunch.

bread, rice
potatoes, pasta and
other starchy foods

Sandwiches are an easy choice for a packed lunch. To give a little variety, different breads and rolls such as wholemeal, granary, poppy seed, sesame seed, pitta bread, bagels and baps can be tried. Breadsticks or crackers can also be included in this group. Home made pasta and rice salads are ideal for packed lunches. Fruit scones, pancakes or fruit loaf can be offered as healthier alternatives to confectionery.

Fruit and vegetables	Chopped raw vegetables such as carrots, cucumber, peppers or cherry tomatoes are ideal choices. A wide variety of fruit can be included. Fruits that are in season are often more economical. Include a pot of fruit salad as a change to a whole fruit. Try some dried fruit such as raisins, sultanas, mango or apricots.
Meat, fish, eggs, beans and other non-dairy sources of protein	For sandwich fillings include ham, turkey, chicken, fish, hummus and egg. Too much mayonnaise or salad cream should be avoided as these are high in fat, salt and sometimes sugar.
Milk and dairy foods	Include a milk-based pudding such as yogurt, fromage frais, a small pot of custard or mousse. A drink of milk or a small serving of cheese, e.g. cheddar, edam or mozzarella, on a sandwich could also be included as part of this group.
Drinks	Milk or water would be ideal choices. Small cartons of pure fruit juice should be kept to mealtimes only. Fizzy drinks, diet or otherwise, are not suitable for children.

Some simple health recipes can be found at <https://blogs.glowscotland.org.uk/ab/sali/files/2016/12/Setting-the-Table-Recipes.pdf>

Foods and drinks to avoid if possible:

Please do not include sweets, chocolate or crisps. These items are popular but not provided in the school meal for nursery age children so for consistency, we would prefer that these items are not included in packed lunches.

Safe Storage:

You must include some kind of freezer pack to help keep your child's lunch cool and safe. These are cheap and widely available. It is your responsibility to ensure that freezer packs are included and not the schools.

Packaging:

Please try to limit the use of disposable packaging. Often the materials used are difficult or impossible to recycle.



This leaflet has been produced by the Early Years Service
in partnership with Argyll and Bute HSCP

Argyll House
Alexandra Parade
Dunoon
PA23 8AJ

Email earlyyears@argyll-bute.gov.uk

Tel: 01369 708517