



At Magdalene Preschool we believe that healthy eating and good nutrition is essential for health and effective learning. As part of the Healthy early years London campaign we are obligated to promote healthy eating.

MAYOR OF LONDON'S



- Please provide your child with a **cold packed lunch**. Children should not bring warm or hot food to preschool such as soup or pasta or rice as this presents issues with health and safety & could pose food poisoning.
- Please make sure your child has a lunch box that is clearly labelled with their name
- Please do not include **nuts of any kind** (including Nutella and peanut butter)
- Please do not include popcorn, chocolate or sweets – this includes fruit roll ups/winders and 'Yo Yo' snacks of any kind.
- Please make sure your child's lunch includes a variety of foods with fruit and vegetables.
- Please make sure you cut fruit and vegetables into bite size pieces, for example cut grapes and cherry tomatoes in **half length ways** and cucumber and carrots into sticks.
- Please make sure you provide cutlery for you child to use if needed.
- We will provide water for the children, so you do not need to provide your child with a drink

Please have look at the following links for tips and ideas for healthy lunches for your child including portion sizes.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.healthyway.com/content/items-you-should-never-pack-in-your-childs-lunch>

<https://www.nhs.uk/start4life>

<https://www.firststepsnutrition.org>

Please see below pictures for healthy packed lunch options



Salmon and salad bagel



Soft cheese and salad sandwich



Spicy chicken and salad wrap



Tuna and bean salad



Cheesy coleslaw with wholemeal pitta



Creamy hummus dip with pitta bread and vegetable sticks



Egg mayonnaise and lettuce bap



Hummus and salad wrap



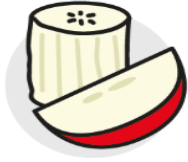
Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts

A small pot of tinned fruit in juice - not syrup - is perfect for their lunchbox and is easily stored in the cupboard.



Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

If you have any questions regarding packed lunch's, please speak to Sarah or Asia