Abacus Pre-School Nursery Ltd., c/o The Dassett C of E Primary School, Memorial Road, Fenny Compton, Southam, Warwickshire. CV47 2XU. Tel: 01295 771050
Limited Company Number: 07276939. Registered Charity Number: 1141234

# Healthy Lunchbox Guidelines at Abacus Pre School Nursery

From September 2025, all early years settings – including Abacus Pre-School Nursery are required to follow the updates made by the Department for Education (DFE) "Nutrition Guidelines for Children" aged between 1 and 5 years.

These guidelines aim to support healthy growth, energy levels and learning in young children. To help us work together in giving your child the best possible start, we are asking all families to follow these standards when preparing packed lunches.

## What to include in your child's lunchbox

### A healthy and balanced diet for children:

| Food group | Examples in each group | Ideas for lunches |
|---|---|---|
| 1. Fruit and Vegetables | Fresh, frozen, canned and dried fruit, Vegetables | Banana,<br>Apples (Sliced)<br>Grapes, strawberries, raspberries, blueberries, (cut into $\frac{1}{4}$ quarters)<br>Tinned fruit<br>Raisins, dried apricots.<br>Batons of: carrot, celery, cucumber. Tomatoes (cherry tomatoes should be $\frac{1}{4}$ quartered) |
| 2. Potatoes, bread, rice, pasta | Bread, potatoes, sweet potatoes, pasta, rice, noodles, other grains | Ham sandwich, cheese sandwich,<br>Plain crackers and cheese,<br>Pasta and sauce,<br>Rice salad.<br>Noodles and sauce |
| 3. Dairy and alternatives | Milk, cheese, yoghurt, fromage frais | Cheese (in batons not cubes).<br>Low sugar yoghurt, fromage frais.<br>Cheese spread as a dip |
| 4. Beans, pulses, fish, eggs, meat and other proteins | Meat, poultry, fish, eggs, beans, pulses., Tofu | Sliced chicken, ham, tuna mayonnaise.<br>Boiled eggs, egg sandwich,<br>Baked beans (cold)<br>Tofu (batons not cubes)<br>Hummus as a dip for veg |

Foods to avoid in packed lunches:

-Chocolate bars, sweets, jelly

- Crisps or salty snacks, pop corn.

- Nuts or nut products,

- Fizzy drinks, flavoured waters, squash or juice.

- Limit processed foods such as sausages, bacon, chicken bites, pepperoni etc

Please note that the NHS has a link ( www.nhs.uk/healthier-families/recipes/healthier-lunchoxes/ ) for some good ideas for lunch boxes, why not have a look to help with ideas and to even provide some changes.

We are working on providing some more ideas and will share this with you.

Top Tips:

- Keep portions small and child friendly
- **QUARTER** grapes, strawberries, raspberries and other round fruits, cherry tomatoes
- Use ice packs to keep food fresh
- We encourage no single use plastic where possible.

Please note:

Our staff will be supporting the transition to these guidelines and may offer gentle feedback if adjustments are needed. We are here to help and happy to share ideas, sample menus and portion guidance if needed.

We also need to be aware of and avoid allergens. We have a NO NUT policy in any form (raw, nut spreads, cereal bars) If we do have other allergies we will inform you separately of what items are not allowed.

If you make your own meals eg pasta and sauce, meatballs etc you must tell a member of staff what is in them.

Children can bring in 1 small healthy cake as a pudding eg Soreen bar

We will also be promoting healthy snacks which will include: fruit, vegetable sticks, plain crackers, bread/toast, rice cakes and the occasional sweet biscuit. We will also only be offering water or milk to drink.

All children should bring a NAMED WATER bottle containing only Water.

Thank you for working with us to support your child's health and wellbeing and look forward to seeing and sharing ideas with each other so we can continue to promote healthy eating.

If you have any questions or would like further advice, please speak to the Manager or member of the team.

This policy will be reviewed annually

Signed: By chair of Trustees

Date: