



# What's inside your lunch box?

Look familiar? This is an example of a very typical childrens lunch box that we see every day. There are a few things wrong with the look.

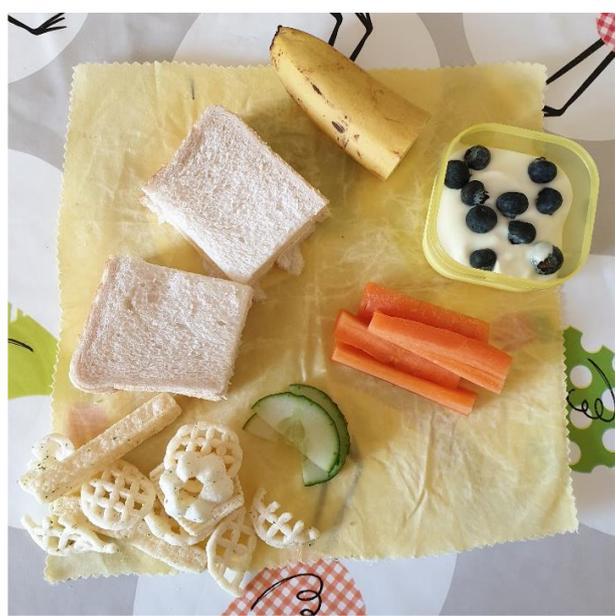
Firstly, this is an adult's size lunch!

The portion sizes are huge for a 2–4-year-old.

Secondly when you add up all the sugar be it natural or added this lunch contains a massive 50g sugar!! It is recommended that children aged 4-6 years only have 19g of sugar a day, and under 4's should be avoiding all added sugar products.



By simply tweaking this lunch so that it is the correct portion size and by making a few simple swops you can more than halve the amount of sugar in this lunch box. Only 14.55g Sugar in the reduced lunches.



A few easy swops, we changed the fromage frais to all-natural yoghurt just a couple of tablespoons into a pot with some fresh fruit added. The sugar in Fromage Frais is crazy! One 90g pot contains 8.7g sugar, some contain even more.

We only have one slice of bread instead of two.

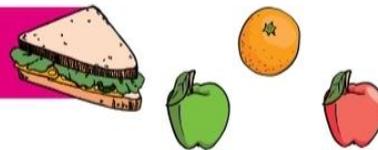
The chocolate bar is gone it is not needed at all and adds no nutritional value to your child's lunch at all. Keep them as a treat.

We chose one piece of whole fruit and halved it. Again, your child does not need more than one piece of whole fruit on their lunch and whichever fruit you choose the children's size is half of it unless it's really small.

If you want to add a treat to your child's lunch box pop corn is great, or you can even add a few crisps but your better off getting a large pack and giving a few or open a 25g bag give them half one day and the other half next time. If you read the packets, they even say 25g is an adult's portion size.

Your children's tummies are the same size as their fist. See below a helpful portion size guide from our friends at Healthy Under 5's and a lunch time ideas list, it's the same chart we use at Pre-School for breakfast and snacks.

## Healthy lunchbox



Choose an item of food from each section

### Carbohydrates

- Wholemeal bread roll
- Crackers
- Oatcakes
- Zebra sandwich (1 slice brown bread/1 slice white)
- Tortilla wrap
- Savoury scone
- Wholemeal pitta bread
- Bread sticks
- Potato salad
- Bagel

### Protein

- Chicken slices
- Hard boiled egg
- Kidney beans mashed with a little French dressing
- Prawns (defrosted and dried on kitchen paper and placed in a pot)
- Roast meat leftovers
- Salmon or tuna
- Sliced ham
- Smooth peanut butter

### Dairy and alternatives

- Natural yoghurt
- Soft cheese spread
- Cream cheese
- Fortified soya yoghurt
- Cup of milk
- Custard in a small pot
- Edam cheese, cubed
- Grated/sliced cheddar cheese
- Cottage cheese
- Rice pudding in a small pot
- Fromage frais in a small pot

### Fruit and vegetables

- Carrot sticks
- Berries
- Canned fruit in natural juice
- Raw broccoli or cauliflower
- Sugar snap peas
- Dried fruit
- Sweetcorn from a can, drained
- Cherry tomatoes
- Melon wedges or cubes
- Assorted salad leaves
- Fruit salad in a pot
- Banana
- Roasted vegetable salad
- Apple wedges
- Pepper sticks
- Grapes cut into quarters
- Kiwi fruit
- Nectarine, plum, pear
- Watercress
- Clementine
- Cucumber



Healthy Under 5s

### Four food groups

Foods high in fat and sugar are not a necessity. Fats and sugars are found naturally in other foods.



Bread, rice, potatoes, pasta

♥ Size of the child's fist



Meat, fish, eggs, beans and other proteins

♥ Size of the child's palm



Dairy and alternatives

♥ Hard cheese = size of the child's first two fingers



Fruit and vegetables

♥ Size of the child's handful

Make the healthier choice for your children today to help save their health needs in the future. Too much sugar is bad for children's health as it can lead to the **build-up of harmful fat** on the inside that we can't see. This fat can cause weight gain and serious diseases like type 2 diabetes, which people are getting younger than ever before, and **heart disease** and **some cancers**. It can also lead to painful **tooth decay** and every 10 minutes, a child in England has a tooth removed in hospital.

Knowing these facts and being part of the Healthy Under 5's Cornwall we as a setting are going to continue to ensure our children have a healthy start in life. Therefore, we have a policy on food and drink, it is available on our website but the main facts are:

### *Packed lunches*

Children are required to bring packed lunches if they attend a session that includes the lunch hour. We:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool.
- ask parents to take care not to provide food containing nuts or nut products.
- inform parents of our policy on healthy eating.
- inform parents we do not have facilities to microwave cooked food brought from home.
- will only allow water to be inside water bottles.
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts, such as yoghurt or crème fraiche, where we can only provide cold food from home.
- do not allow sweets, yo-yo bear products, chocolate, and sugary drinks.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks, and sweet products such as cakes or biscuits.
- Portion sizes must be adhered to, we will support children to only eat the correct portion sizes everything else will be sent home.
- Perranporth Pre-school reserve the right to return this food to the parent as a last resort.
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.