

Healthy Eating and Lunchboxes

At *Littleport Community Preschool* we promote both healthy eating and healthy lifestyles.

Through our curriculum, we teach our children the importance of eating healthy and exercising and actively promote this within our preschool sessions.

Unfortunately, we have noticed that many of our children have started to bring lunchboxes which not only contain a lot of items but most of these are the 'not so good foods'. We have also seen an increase in sweets, chocolates and other treats creeping their way in too!

We kindly ask for your support in preventing this moving forward. The NHS 'Change4life' has some wonderful lunchbox tips/ideas and recipes for you to look at <https://www.nhs.uk/change4life>

The NHS suggests that lunchboxes should contain the following;

- Choose **ONE MAIN** - EG: sandwich, pitta, wrap, bagel, pasta, crackers
- Add some **FRUIT, VEGETABLES** or **SALAD** option/s
- Add a **DAIRY** item - EG; yoghurt, cheese
- Add a **little something else** EG; rice cake, raisins, small biscuit or cake as a treat, small packet of crisps.
- Add a **DRINK** (Ideally water)

Some useful information/tips include;

- **Cut down on Crisps** – try reducing the number of times you include these in your child's lunchbox maybe swapping for rice cakes instead.
- **Swap the fruit bars** – Dried fruit such as raisins, sultanas and dried apricots are not only cheaper but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.
- **Swap the 'sweet foods'** – Swap cakes, chocolates, cereal bars and biscuits for malt loaf, fruited tea cakes, fruit breads
- **Go low fat and low sugar** – opt for a low fat and lower sugar yoghurt or fromage frais
- **Get them involved** – Involve your child in helping to choose and prepare what goes in their lunchbox using this information as a guide.

We have also attached some key information for you about eating healthy and staying active to help you develop your understanding and the importance of this.

The attached 'Eat well guide' shows you how much of each food group you should try to consume and which foods you should only eat in moderation.

Between the ages of 2 and 5 children should gradually move to eating the same foods as the rest of the family in the proportions shown in the eat well guide.

Any questions, please telephone 01353 523075 or email preschool@littleport.cambs.sch.uk

Thank you