

Healthy Eating Booklet



Nurseries & Out of School Clubs

- ☀️ Base your meals on starchy food – potatoes, rice, cereals , pasta and bread
- ☀️ Eat lots of fruit and vegetables – eat at least 5 portions a day
- ☀️ Cut down on saturated fat and sugar – eat less cheese, cakes, biscuits, cream, butter, sausages and pastry
- ☀️ Cut down on sugary and fizzy drinks – try and drink lots of water
- ☀️ Eat less salt

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Suggestions for Healthy Eating Lunchbox Week 1



Monday

Banana Sandwich with Wholemeal Bread
Tomato
Boiled Egg
Low-fat Fruit Yoghurt
Small box of Raisins
Semi-skimmed Milk

Tuesday

Tuna and Sweetcorn Wholemeal Roll
Reduced-fat Cheese Triangle
Satsuma
Apple Juice, unsweetened

Wednesday

Pasta and Sausage Salad
(with Spring Onion and Red Pepper)
Stewed Apple and Blackberry with Crumble Top
Reduced-fat Natural Yoghurt
Bottle of Water

Thursday

Edam Cheese, Ham and Lettuce Pitta Pocket
Tomato
Small Flapjack
Nectarine
Reduced-fat Yoghurt Drink

Friday

Hummus, Red Pepper and Grated Carrot Wrap
Grapes
Creamed Rice Pot
Slices of Malt Loaf
Bottle of Water

Useful Information

Eating well for Under 5's in Child Care, Caroline Walker Trust – guidance that provides definitive advice on what eating well means for this age group. It provides nutritional and practical advice to everyone involved in the Early Years Sector.

www.eatwell.gov.uk / www.cwt.org.uk

Suggestions for Healthy Eating Lunchbox Week 2



Monday

Tinned Sardine Bagel
Tomato
Kiwi
Bottle of Water

Tuesday

Egg and Tomato Roll
Two Oatcakes and Low-fat Cheese
Carrot Sticks
Dried Apricots
Semi-skimmed Milk

Wednesday

Potato and Sausage Salad
(with Spring Onion, Pine Nuts and Low-fat Plain Yoghurt)
Fruit and Low-fat Fromage Frais
Slices of Fruit Bread
Pear
Bottle of Water

Thursday

Corned Beef Sandwich on Wholemeal Bread
Low-fat Cheese with Vegetable Dippers
(Cucumber Sticks, Red and Green Pepper Strips)
Banana
Yoghurt Drink

Friday

Wholemeal English Muffin Pizza
(with Cheese, Cherry Tomatoes and Spinach)
Nectarine
Banana and Blueberry Smoothie
(made with Semi-Skimmed Milk)

Food Standards Agency – Eat Well www.food.gov.uk / www.eatwell.gov.uk

Healthy Start – Families who are eligible can get free vouchers every week which you swap for milk, fresh fruit, fresh vegetables and infant formula.

www.healthystart.nhs.uk / www.food4life.org.uk



Packed Lunches

(taken from our Food and Drink Policy available at www.bright-kids.co.uk)

Children under 5 years of age have different nutritional needs to those of older children and adults. They have a high energy and nutrient requirement in relation to their size. Early Years is an important time to shape food preferences and habits, by allowing children to make their own selections through guided choice, this can have a positive impact on their health in later life.

At Bright Kids we encourage children to develop a positive attitude to food and healthy lifestyles. We achieve this through adopting a whole setting approach which encompasses children, their families and staff.

Our **Food and Drink Policy** (available at www.bright-kids.co.uk) outlines our commitment to providing in house healthy snacks and cooked meals for children attending the nursery and this appendix should be read in conjunction with the Food and Drink Policy.

This policy recognises the need to support families that do not wish their children to eat a hot nursery lunch, but would prefer to provide a packed lunch for their child we have a duty to ensure that this meal is nutritionally balanced and healthy.

The setting will obtain and record necessary information from parents/carers regarding any dietary requirements, food preferences or food allergies before the child starts at the setting, this is reviewed throughout the period of attendance at the nursery.

The setting will ensure that families are supported in providing a nutritionally balanced packed lunch by providing information on suitable items to place in the lunch box. This information will be available on the Parent Notice boards within the setting and in the parent information that is given to parents when their child starts at the setting.

The setting will not accept high sugar content items such as chocolates, biscuits, some fruit juices, sweets, chocolate bars, etc, and items of this kind will not be offered to the children. We ask that families substitute such items for healthy snacks such as fresh fruit, no sugar fruit juice, vegetable sticks etc as outlined in the parent information.

Breakfasts

We serve healthier cereals to all children and we ask that you support this by not bringing in sugared cereals from home. We also have toast and fruit available at breakfast time.

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