



## Healthy Packed Lunch Guidance for Parents

Dear Parents and Carers,

Healthy eating plays an important role in children's growth, wellbeing, and ability to learn. To support this, we kindly ask that all packed lunches brought from home follow our **Healthy Lunch Expectations**.

Please include:

- **Fruit and/or vegetables** (for example: carrot sticks, cucumber, apple slices, grapes, berries);
  - *Important:* Grapes must always be cut in half (lengthways if possible) to reduce the risk of choking.
- **A healthy main item** such as a sandwich, wrap, pitta, or pasta with nutritious fillings (e.g., lean meats, cheese, hummus, or egg);
- **A balanced variety** where possible, to encourage children to try new foods and enjoy a range of tastes and textures.

To support our healthy eating approach, please remember:

- **No nuts of any kind** (including peanut butter, Nutella, or other products containing nuts);
- **No sweets, Fruit Shoots, fizzy drinks or squash;**
- **No water bottles** - we provide drinking water at the table and it is always accessible throughout the day;
- **One small treat**, such as a mini cake, snack bar or biscuit is sufficient.
- Please note, we are unable to heat up food from home at preschool.

Thank you for working with us to promote healthy habits from an early age. If you would like some ideas or inspiration for lunchboxes, please do not hesitate to ask—we are happy to share suggestions.

Best Wishes,

Suzy Abbott  
Room Lead  
St Edmund's Preschool