Healthy Lunch Boxes
for our Early Years Children

Good food helps little learners thrive!

A healthy lunch box gives your child the energy, nutrients and fuel they need to learn, play and grow.



Healthy choices, happy days!

What to include

Fruit and vegetables
Such as apple slices, berries, banana, grapes (cut), cucumber, carrot sticks, peppers or cherry tomatoes (cut).

Wholegrain foods
Such as wholegrain bread, wraps, pitta, pasta or crackers.

Protein
Such as cheese, egg, chicken, ham, tuna, beans, lentils or hummus.

Dairy (optional)
Such as a small pot of yoghurt cheese or milk (if suitable).

Water
A refillable water bottle helps keep them hydrated throughout the day.

Safe and suitable

- Cut food into age-appropriate sizes and shapes (e.g. grapes and cherry tomatoes cut lengthways, not whole).
- Choose soft, easy-to-chew foods for younger children.
- Include a variety of foods from the different food groups.
- Keep lunch boxes cool (e.g. with an ice pack in warm weather).
- Be mindful of any allergies or dietary needs (e.g. nut-free).

Please avoid

- Whole grapes, cherry tomatoes, nuts or other small, hard foods (choking risk).
- Sweets, chocolate and high-sugar snacks (e.g. biscuits, cakes, cereal bars).
- Sugary drinks, fizzy drinks or juice (saves sugar for treat times).
- Highly processed snacks (e.g. crisps, chocolate bars, sweets).
- Foods that are hard to chew or may be a choking risk for your child's age and stage of development.

Together we can make lunchtime healthy, safe and enjoyable!

If you need any advice or support with lunch box ideas, please speak to a member of our Early Years team.

