



Chichester
Nursery School

A guide to packed lunches at Nursery



Parent's Guide to a Healthy Lunchbox

Healthy ideas

Sandwiches with a healthy filling, e.g.

- Cheese
- Ham
- Tuna
- Egg

Wraps, Crackers
Vegetable sticks /
Humous

Cheese, Yoghurts

Do not include

Chocolate biscuits

Chocolate bars

Nuts, Nutella and
Peanut Butter (*or any
nut products including
pesto*)

Crisps

Sweets

No drinks please (*water
and milk will be
provided*)

Please avoid wrapping
food in clingfilm

No ice/cool packs please

Tips for a balanced and healthy lunchbox

- Involve your child with making their packed lunch, cutting fruit or spreading their bread.
- Make sandwiches more interesting by using different types of bread, wraps, chapattis or pitta
- Use leftovers from your pasta dinner the night before, pasta can be yummy cold. Add some chopped fresh vegetables to complete it!
- Remember to not over fill their lunch box and offer too much choice
- Cut grapes/sausages and cherry tomatoes lengthways in to thin slices to prevent choking

Please clearly name all lunchboxes and containers