

Dear Parent/Carer,

As part of the EYFS curriculum we always encourage healthy eating and a healthy lifestyle. We hope that we can support you in doing the same in your child's packed lunches. Below, is an example of what needs to be included in your child's packed lunch to ensure they are getting everything they need.



**Fruit and Vegetables**

Cucumber, pepper, mushrooms, carrots, peppers, celery, strawberries, oranges, tomatoes, apples, grapes, pineapple, melon



**Starchy/Carbohydrate**

White/wholegrain bread or roll  
Pitta breads  
Pasta, Wraps



**Dairy**

Cheese  
Yogurts  
Fromage frais



**Protein**

Egg  
Chicken  
Fish  
Ham



**Remember**

Always make sure grapes are cut lengthways.  
Limit sugary and high fat treats such as cakes and crisps.  
Ensure children are provided with a bottle of water through the day.



**Drinks**

It is important that your little one is hydrated.  
Water is always best.  
Semi skimmed milk.  
Sugar free squash.