

What We Provide:

We will provide your child with a placemat, plate, cutlery and cup.



We provide water to drink and also fruit juice. This is diluted in line with government health guidelines due to the naturally high sugar content.

We provide help and support as needed and encourage independent eating. We only feed the very youngest children.

We encourage your child to eat their sandwich or starchy food and protein first. If you send foods high in sugar, salt or fat we will ask your child to 'save it to eat at home later'.

We will store your child's lunch in the fridge to keep it fresh.



We cannot reheat food but you can send hot food in a flask as part of your child's packed lunch.

Working Together

We want to work in partnership with you to ensure your child has healthy meals whilst at nursery. Small World Nursery meals are cooked on site by our Nursery Cooks. Recipes and menus are planned to ensure that each child has a balance of foods from all the essential food groups. We ensure foods are healthy and have a low salt and low sugar content. We cater for cultural, ethical and medical dietary requirements.

All the children sit together for lunches so it is important to us that all the food the children see eaten is healthy.

When you opt for a packed lunch we ask you to prepare it with the same attention to healthy eating that we do. If you feel unable to do so, we suggest you choose to pay for a nursery meal instead.

Help Us to Help Your Child Eat Healthily



Discover

Small world Nursery

Helping little people develop and grow

A Handy Guide to Healthy Packed Lunches For Your Child



Healthy eating is a key area of the Leicestershire Healthy Tots programme. Small World Nursery has Healthy Tots Status



Yes Please

1. Start with a starchy food base such as BREAD, POTATO, RICE or PASTA.



Portion size: Size of your child's flat hand (bread) or fist (pasta etc).

2. Add some protein such as MEAT, FISH, QUORN, EGG or BEANS.



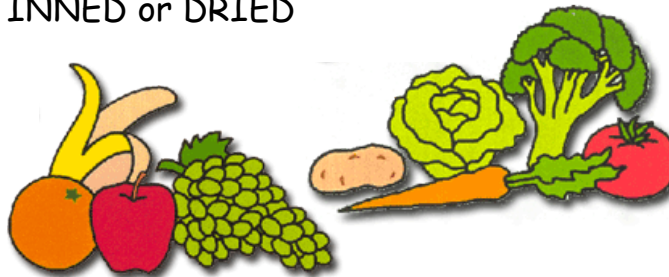
Portion size: Size of your child's palm.

3. Include a dairy product such as YOGHURT, CHEESE, FROMAGE FRAIS or TZATZIKI.



Portion size: Size of your child's fist (yoghurt), size of child's index finger (cheese).

4. Don't forget to include vegetables or fruit! This can be FRESH, COOKED, TINNED or DRIED



Portion size: Size of your child's fist or handful. Salads: Double handful. Dried fruits: Size of your child's palm.

No Thank You

TOO MUCH SUGAR!



TOO MUCH SALT AND FAT!



DUE TO ALLERGIES WE HAVE A NO NUTS POLICY

