

# KIDDIWINKS

## ADVICE FOR LUNCHES AT BIG SCHOOL

### Bread

Try to vary the type of bread such as wholemeal, granary or high fibre white bread.

Also make sandwiches from different kinds of bread including bread rolls, French bread, bagels and pitta bread

### Drink

Avoid sugary and fizzy drinks.  
Instead use water or fruit juice.

### Sandwich Fillings

Use a different sandwich filling each day - preferably including a fruit or vegetable.

For example  
Chicken, lettuce and tomato  
Grated cheese and carrot  
Tuna and sweetcorn  
Cheese and cucumber

### Some fruit to try:

Seedless grapes  
Satsumas  
Small bananas  
Apples  
Plums  
Dried fruit  
Fruit salad

*Some ideas for  
a healthy  
packed lunch!*

### Some vegetables to try:

Cherry tomatoes  
Carrot sticks  
Celery sticks  
Cucumber chunks  
Baby sweet corn  
Grated carrot and raisin salad

### Savoury Snacks

Rice cakes  
Bread sticks  
A boiled egg  
Cheese and crackers  
Nuts



### Sweet Snacks

Scones  
Malt loaf  
A flapjack  
Yoghurt  
Teacakes

Starting big school is an anxious time for both your child and yourselves. However it is never too early to help them to get ready.

Schools invite children and their parents for visits giving you all the opportunity to meet the teacher and find out what the school day consists of.

By attending pre-school your child already has some idea of what school will be like, making friends, taking part in activities and having fun.

Attending the pre-schools lunch club can support your child in understanding how lunch works and what is involved

Talk to your child about how they might be feeling, tell them how exciting lunch will be with their old and new friends



## BASIC ADVICE

Teach them to hand wash correctly, washing both side of their hands and between the fingers.

Encourage them to take away any worries or concerns to a grown up.

Let them practice opening packets, and yogurts at home, peel bananas and oranges.

Encourage them to try different foods at home

Put plastic spoons in the lunch box (as these often get lost)

If you cut their crusts off at home do the same for school

Don not overload their lunch boxes in fear of them being hungry (it could put them off, or they will miss break as they are still eating)

## LUNCH BOXES

Take your child to choose their school lunch box, giving them some independence (make sure it is labelled clearly)

Choose a sports type bottle for their water or juice that they can open and close

Support your child to recognise their name (remember there could be a few lunch boxes that are the same)

## LUNCH POLICIES

CHECK THE POLICY ON THE SCHOOL PACKED LUNCHES

PLEASE SUPPORT THE SCHOOLS POLICY IN WHAT IT ENCOURAGES AND THE SORTS OF FOODS THAT ARE NOT ALLOWED.

