



**Bognor Regis**  
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/dips

Cheese, Yoghurts

## Do not include

Chocolate biscuits

Chocolate bars

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

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**