**Capel Pre-School Packed Lunch Guidance for Parents**

**Practical tips for a healthy packed lunch.**

**\*Involve your child in choosing and preparing their packed lunch.**

**\*Keep food fresh by adding a small freezer ice pack.**

**\*One child's portion size of fruit or vegetable is roughly the amount they can**

 **hold in their hand.**

**\*Try to vary fillings for sandwiches and also try to add some salad.**

**\*Swap to wholegrain bread, or use one slice of white and one of brown,**

 **using different types of bread makes a sandwich more interesting.**

 **Please note**

**\*Waste or uneaten items are taken home in their lunch bag.**

**\*Children are encouraged not to share as some children may have dietary**

 **needs.**

**\*Try pasta, rice, bean salad, instead of a sandwich.**

 **EXAMPLE**

**Choose 1 Choose 2 Choose 1 Choose 1 Drink**

Sandwich Banana Crisps Yoghurt Water

Crackers Apple Cheddar biscuits Small cake

Bagel Pear Twiglets Yoghurt drink

Bread roll Mango Cocktail Sausages Plain biscuit

Pasta Strawberries Smoothie

Wrap Tomato

Pitta bread Carrot

Rice Cucumber

Sausage roll Dried fruit

Bean salad

Sandwich fillings; Ham, Chicken, Beef, Pork, Egg, Salad, Cheese. Small packets of crisps please.

 Thank you for your co-operation