



At Aldershot Garrison Pre-schools Settings, we regard snack/lunch time as an important part of the pre-school session. Eating represents a social time for children and adults and helps children to develop independence through making choices about when and if they have snack, serving food and drink and feeding themselves.

It also helps us to teach the children about healthy eating practices and how to stay healthy. One of the ways that you can help us achieve this is by providing a healthy snack/lunch for your child to eat.

A few parents have asked for more guidance on what to provide in snacks and packed lunches. To help you provide a healthy snack/lunch, here is a recommended list of food and drink that is in line with the food and drink policy of the setting.

Snack

Foods to provide	Examples of foods that could be provided
Starchy Food (provide a starchy food as part of at least one snack each day)	Breadsticks. Crackers. Oatcakes, rice cakes Small pitta, bread or bread roll.
A portion of meat, fish, eggs or other non-dairy sources of protein. (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils as part of bean salad.
Fruit and vegetables (provide as part of some snacks)	Fresh sliced fruit – apples, bananas, grapes Vegetable sticks – carrot, cucumber
Milk or dairy food (can be provided as part of snacks)	Cubes of cheese. Plain yoghurt or fromage frais. Whole milk (for children aged one and two) or semi-skimmed (for children two and over).
A drink	Whole milk (for children aged one and two) or semi-skimmed (for children two and over) to drink. Water

Lunch

Foods to provide	Examples of foods that could be provided
A portion of starchy food (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potatoes.
At least one portion of fruit and/or vegetables	Carrot, cucumber, pepper or celery sticks. Salad. Lentils including in dhal.

(provide a variety of different fruit and vegetables each week)	Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple, banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots, mango
A portion of meat, fish, eggs or other non-dairy sources of protein. (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils as part of bean salad.
A portion of milk or dairy food (can be included as part of a lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one and two) or semi-skimmed (for children two and over) to drink.
A drink	Fruit juice (diluted half juice, half water). Whole milk (for children aged one and two) or semi-skimmed (for children two and over) to drink. Water

Items that are not allowed are listed below. These items will be sent home.

Crisps of any kind – including the Organix range for children.

Mini Cheddars and Ritz – these can have a higher salt and fat content than crisps!

Biscuits of any kind including breakfast biscuits.

Sweet cereal bars such as Rice Krispies Squares, chocolate covered.

Chocolate in any form – biscuits, bars, brioche bread with chocolate chips etc.

Sweets.

Cake.

Any food containing nuts.

Fizzy drinks as these can lead to tooth decay.

This list is not exhaustive – other items will be added if necessary.

Some foods are allowed occasionally. These include sausage rolls, pepperami, pork pies etc. Occasionally means around once a fortnight and these foods should not be included every day.

If you have any questions or concerns regarding the above advice, please do not hesitate to talk to a member of staff.

Thank you.

Useful websites

www.nhs.uk/live-well/eat-well/

[Eating well for under-5s in child care - Caroline Walker](#)

Suggested fruits and vegetables for mealtimes

- 1/2 to 1 heaped tablespoon of cooked vegetables such as peas, sweetcorn, carrots, cabbage, courgettes or swede
- 1/2 to 1 heaped tablespoon of beans such as butter beans, chickpeas or lentils
- 1-2 broccoli or cauliflower florets
- 4-5 green beans
- Small handful of salad leaves

- 1/4-1/2 sweet potato
- 1 small parsnip or small slice of squash or marrow
- 1/2 tablespoon of dried fruit 1-2 tablespoons of stewed fruit
- 1-2 tablespoons of canned fruit in juice
- 100-150ml 100% diluted fruit juice
- Suggested fruits and vegetables for snacks
- 1/2 medium carrot cut into sticks
- 2-3cm piece of cucumber in sticks
- 1 small celery stick cut into pieces
- 4 cherry tomatoes or 4 small tomato quarters
- 1 ring of red, yellow or green pepper
- 1/2 to 1 small banana
- 1/2 apple or pear
- 1 plum
- 1/2 to 1 kiwi
- 1/4-1/2 large orange or 1 small orange, clementine or satsuma
- 1 small slice of melon or pineapple
- 1 tablespoon of berries such as blackberries, raspberries or fresh currants
- 4-6 strawberries
- 8-10 grapes

General menu planning tips

Planning menus ahead will ensure that the best food choices are made and that meals are varied. When choosing meals to include in menus, remember that:

- A variety of foods should be served throughout the menu cycle and a minimum cycle of three weeks is suggested.
- Choose combinations of colours to make the food attractive. Three or four defined areas of colour look good on a plate.
- A combination of different textures increases appeal. Children will appreciate crisp, crunchy, chewy, smooth and soft foods.
- Taste should be varied but meals containing too many different or new flavours may not be acceptable to children.
- Some finger foods as well as foods which require cutlery allow variation at mealtimes.

Information taken from

[Eating well for under-5s in child care - Caroline Walker](#)