

Build a healthy LUNCHBOX

2 to 4
year olds

**A healthy lunch
gives children energy
to learn and play.**

Use the food groups below
to choose a balanced lunch.
Portion sizes are based on
your child's hands to help
estimate the right amount.
Children's appetites differ, so
these are only a guide.

Starchy energy foods

Give the body energy to play, learn,
and stay active.

- Bread, wraps, pitta
- Rice, couscous
- Pasta, noodles
- Potatoes
- Oatcakes
or crackers.

1 portion =
a child's full
hand-size



Dairy or non dairy alternatives

Helps keep bones and teeth strong.

- Cheese
- Milk
- Natural/Greek yoghurt



1 portion =
1 child's pointed
finger (solid) or
fist if liquid

Fruit

Provides vitamins that help keep the body healthy.

- Satsumas
- Tomatoes
- Berries
- Melon slices
- Grapes (cut in half)
- Fruit kebabs.

1 portion of fruit/
veg/salad =
1 child's cupped
hand

FIND A GUIDE HERE:
[nhs.uk/live-well/eat-well/the-eatwell-guide](https://www.nhs.uk/live-well/eat-well/the-eatwell-guide)



Vegetables or salad

Help the body fight illness and stay healthy.

- Carrot sticks
- Cucumber
- Peppers
- Salad in sandwiches
- Vegetable soup.



Protein

Helps the body to grow and develop.

- Chicken
- Lean sliced meat
- Boiled egg
- Nuts/nut butter
- Beans, lentils,
chickpeas or hummus
- Fish (tinned fish
such as tuna, salmon
or sardines).

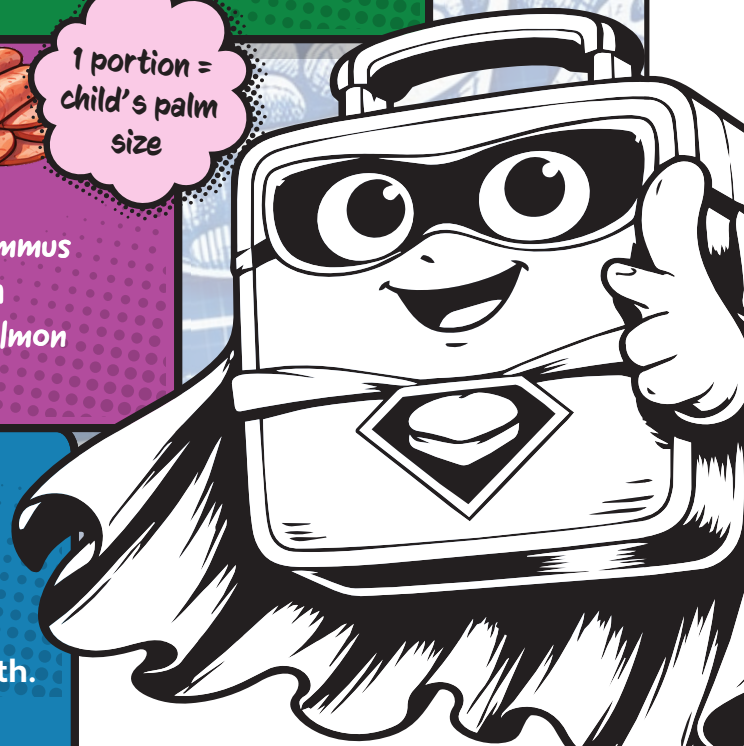


1 portion =
child's palm
size

Drinks

Helps keep the body hydrated and
working properly.

- Milk
 - Water
- Water or milk is best for bodies and teeth.



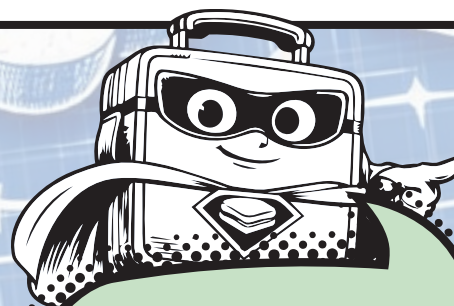
SMARTER SNACKS

Add natural fruit or veg where possible, as they provide natural sweetness, fibre, and vitamins that help keep children healthy and full. Natural fruit is a great everyday choice for snacks and lunchboxes. Aim for at least 5 portions across the day

MUNCH CRUNCH MUNCH

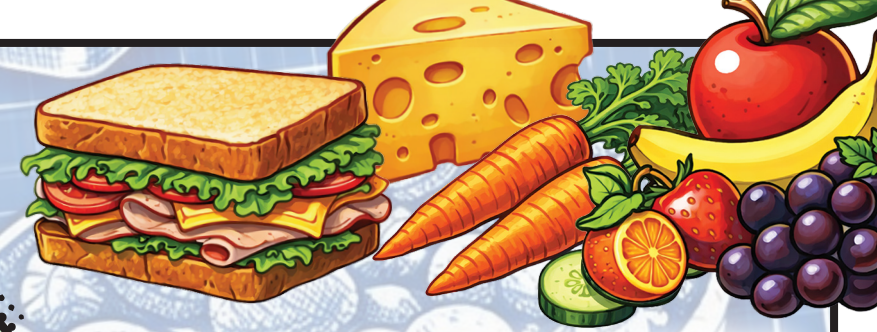
FIVE TOP LUNCH BOX TIPS

- 1 Swap in one new food to keep lunchtime exciting.
- 2 Add different textures - soft, crunchy, juicy!
- 3 Cut sandwiches into fun shapes.
- 4 Add a mini dip pot.
- 5 Protect fruit in small tubs or fruit guards.



BECOME A VEGGIE HERO!!

Find great ideas for adding more veg to lunches:
simplyveg.org.uk/lunchboxes



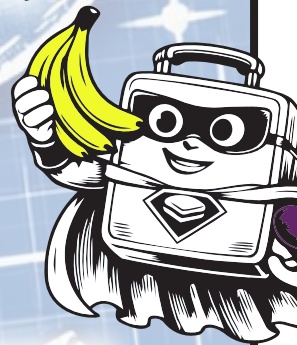
HEALTHY START SCHEME

With the NHS Healthy Start scheme, you could be entitled to weekly support towards:

- Vegetables
- Fruit
- Milk
- Infant formula milk
- Pulses
- Healthy start vitamins

Could you be eligible? If you or your partner receive benefits and are currently expecting, or have a child under 4, you may be entitled to a weekly allowance.

Find out and apply online today:
www.healthystart.nhs.uk



ORAL HEALTH SCHEMES

Add a regular teeth cleaning routine to help protect children's teeth and keep them healthy and free from decay. For ideas on how to best do this, visit www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/

STAY SUPER SAFE

Cut food into small pieces. Always slice grapes and tomatoes in half. Be allergy-aware and follow your childcare setting's guidance.

FOR MORE HEALTHY IDEAS FLY OVER TO:
www.nhs.uk/healthier-families

BEST
START
IN LIFE

0 to 19
TORBAY

Familyhub
TORBAY

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