

Our ref: KRo/JLa

26 September 2025

Dear Parents and Carers

### **Healthy Packed Lunch Guidelines for Children Aged 2–5 Years**

We are committed to supporting your child's health, wellbeing, and development here at Ravenfield Primary Academy. As part of this commitment, we would like to share some helpful guidance on preparing a healthy, balanced packed lunch for your child.

#### **What Should Be in a Healthy Packed Lunch?**

Children aged 2–5 need a variety of foods in the right amounts to help them grow and stay active. As young children have smaller stomachs, portion sizes should be age appropriate. As recommended by [NHS](#) and [Food for Life](#)

- One main item such as a small sandwich (bread/wrap/pitta) rice, pasta or potato.
- One portion of protein/dairy - meat, fish, egg, beans, cheese or yoghurt.
- Two small snacks (including dairy or a light carbohydrate snack)
- One portion of vegetables (e.g., cucumber sticks, cherry tomatoes (cut in half lengthways), carrot batons) and one portion of fruit (e.g., banana, grapes, apple slices, melon chunks)
- A drink - Water or milk is the healthiest choice. No fizzy drinks and avoid fruit juices due to high sugar content
- Limit foods high in added sugar, salt or saturated fat (e.g. sweets, chocolate bars, sugary drinks, highly processed meats).

#### **Food safety & choking risks:**

- If packing perishable items (meat, fish, dairy), make sure the lunch is kept cool (insulated bag / ice pack).
- we are a nut free school, please ensure that you do not send your child to school with nuts of any kind, also anything containing nuts (ie peanut butter spread, Nutella chocolate spreads or shop own brand equivalents). We have children who have severe allergies to nuts
- Large pieces of fruit such as grapes, cherry tomatoes should be cut in half lengthways or quarters

We appreciate your support in helping us promote healthy eating habits from an early age. If you have any questions or would like further advice, please don't hesitate to speak with a member of the team.

Yours faithfully

Miss Rodgers  
**EYFS Lead**

# BUILD YOUR OWN MIX AND MATCH PACKED LUNCH

## THINGS TO FILL YOU UP

Bread, wraps, chapattis, fufu, pasta, noodles, pitta, cassava, potatoes, crackers, breadsticks, cous cous, rice, roti.



**TOP TIP**  
Choose wholegrain where you can.

## THINGS TO KEEP YOU FULLER FOR LONGER

Chicken, cheese, fish, hummus, soy chunks, turkey, lentils.



**TOP TIP**  
Choose lower-fat fillings like lean meat or reduced fat cheese.

## VEG TO ENERGISE YOU

Halved cherry tomatoes, carrot, celery, cucumber, peppers, sugar snap peas.



**TOP TIP**  
Adding a small pot of reduced-fat hummus or other dip can help children to eat vegetables.

## FRUIT TO REFRESH YOU

Satsumas, apple slices, pineapple, halved grapes, berries, melon.



**TOP TIP**  
Add a squeeze of lemon juice to stop sliced fruit going brown.

## TREATS TO LOOK FORWARD TO

Malt loaf, teacakes and fruit bread.



**TOP TIP**  
Try to choose low plastic items, reusable items, or recyclable packaging.

## DRINKS TO HYDRATE YOU

Water and milk.



**TOP TIP**  
Flavour water with fresh slices of fruit. You can also use a frozen water bottle to keep food cool and as a refreshing drink later in the day!

# Portion sizes for children aged 5 and under



Food group	Portion size
<b>A variety of fruit and vegetables (at least 5 portions each day)</b>	
Cooked and raw	40g
<b>Carbohydrates (4 portions each day)</b>	
Cooked rice, pasta and potatoes	80g
Bread	25g
Average sized potato	1
<b>Dairy and alternatives (3 portions each day)</b>	
Milk	150ml
Cheese (sliced or grated)	15g
Cottage cheese	30g
Plain yoghurt	60g
<b>Protein (2 portions each day)</b>	
Baked beans	55g
Egg	55g
Meat, fish and poultry	40g
Most pulses and hummus	40g