

EARLY YEARS AWARD RESOURCE PACK



FOOD FOR LIFE EARLY YEARS AWARD:

WEBINAR

HEALTHY PACKED LUNCHES &
SUPPORTING RESOURCES

THE FOOD FOR LIFE EARLY YEARS AWARD WEBINAR: PROMOTING HEALTHY LUNCHBOXES



- Overview of the FFL EYs award – the criteria and framework – embedding a culture of good food for children in the early years (1-4y)
- Healthy packed lunch information for families/carers, children and practitioners
- Examples of our support resources and how they can be used by practitioners to support World Food Day

FOOD FOR LIFE EARLY YEARS FRAMEWORK

1.0 FOOD QUALITY AND WHERE FOOD COMES FROM.

Meeting nutrition (voluntary food and drink guidelines) and sustainability standards;

Up-skilling catering staff

2.0 FOOD LEADERSHIP AND FOOD CULTURE

In each setting it is important that the food and drink provided and the culture of food and drink provision follows best practice principles for all infants and children.

3.0 FOOD EDUCATION

Learning about and through food can be linked to all seven areas of learning and development that shape the Early Years Foundation Stage (EYFS) curriculum.

4.0 COMMUNITY, PARTNERSHIPS AND PARENTAL ENGAGEMENT

Community food activities to reach a wider number of families in partnership working with other local settings



Why we are promoting healthy packed lunches

- A healthy lunch every day will give children the energy and nutrients they need to grow, develop and learn.
- Many children rely on a packed lunch for a mid-day meal where there is limited food provision due to lack of kitchen or cook or family choice. There is currently an increased demand due to the impact of covid-19.



Why we are promoting healthy packed lunches

Aim of this webinar:

The key to a balanced nutritious diet is variety.

We aim to provide you with some ideas and resources to show what to include to ensure that your children's packed lunches are healthy, balanced and nutritious.

Ice breaker activity: what do we see in our children's packed lunches?

Fruit and Vegetables		Potatoes, bread, rice, pasta & other starchy carbohydrates	
Beans, pulses, fish, eggs, meat & other proteins	Drinks	Dairy & alternatives	

Sugary and salty foods:

How confident do you feel to offer advice to parents on how to pack a healthy lunch?

PARENTS AND CARERS UNDER TIME AND FINANCIAL PRESSURE TO PREPARE PACKED MEALS



It is possible to assemble a quick (and popular) packed lunch of pre-sliced bread, pre-sliced ham, cheesy triangles and a chocolate brand fruity sugary drink plus expertly branded salty sugary snacks expertly branded for children.

- Cheap
- Easy
- Quick
- Children will eat and enjoy – in the short term!

BUT let's look at why is this a problem.....

...and what about the impact on health of the child and the planet?....think about sustainability and the environment when packing lunches

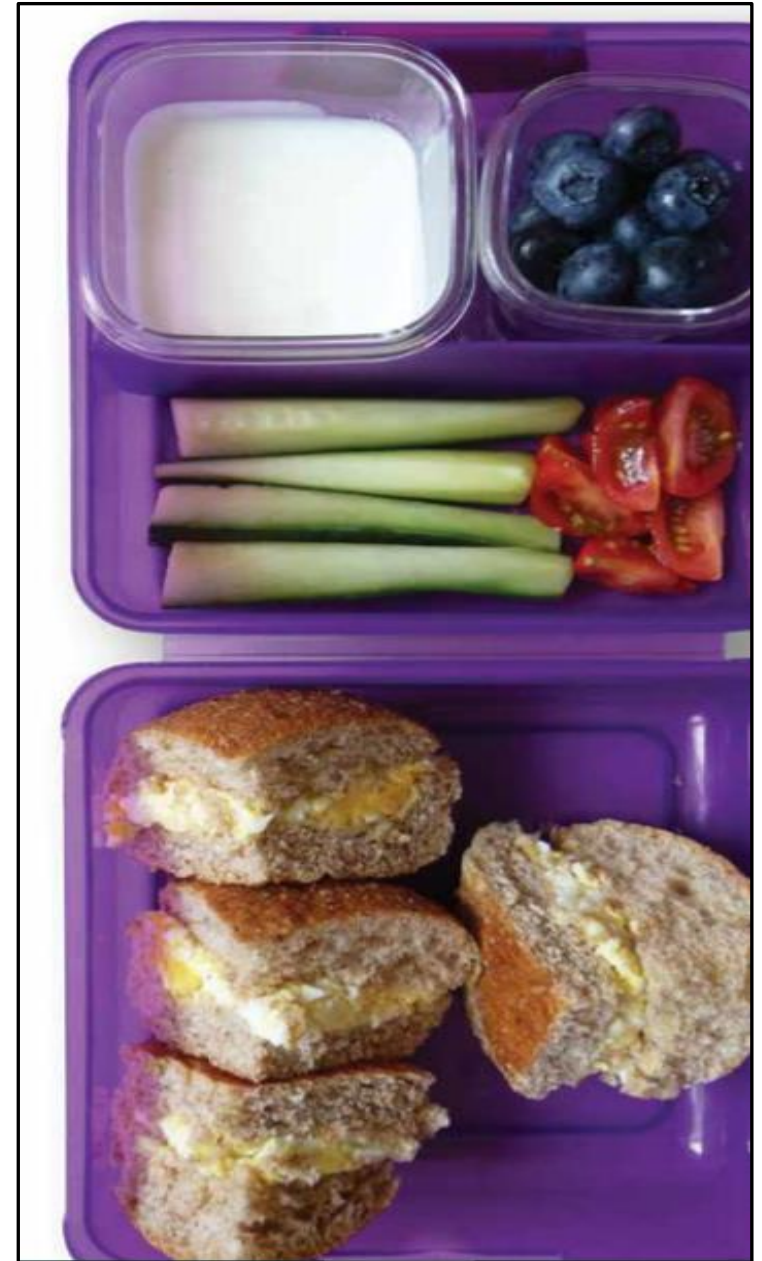
- Often lots of plastic waste
- Snack boxes; cheese strings; commercial snack foods
- Cost?
- Salt and sugars?
- What about colour, texture, taste?

**MANY OF THESE
PRODUCTS DAMAGE
CHILDREN'S TEETH!**

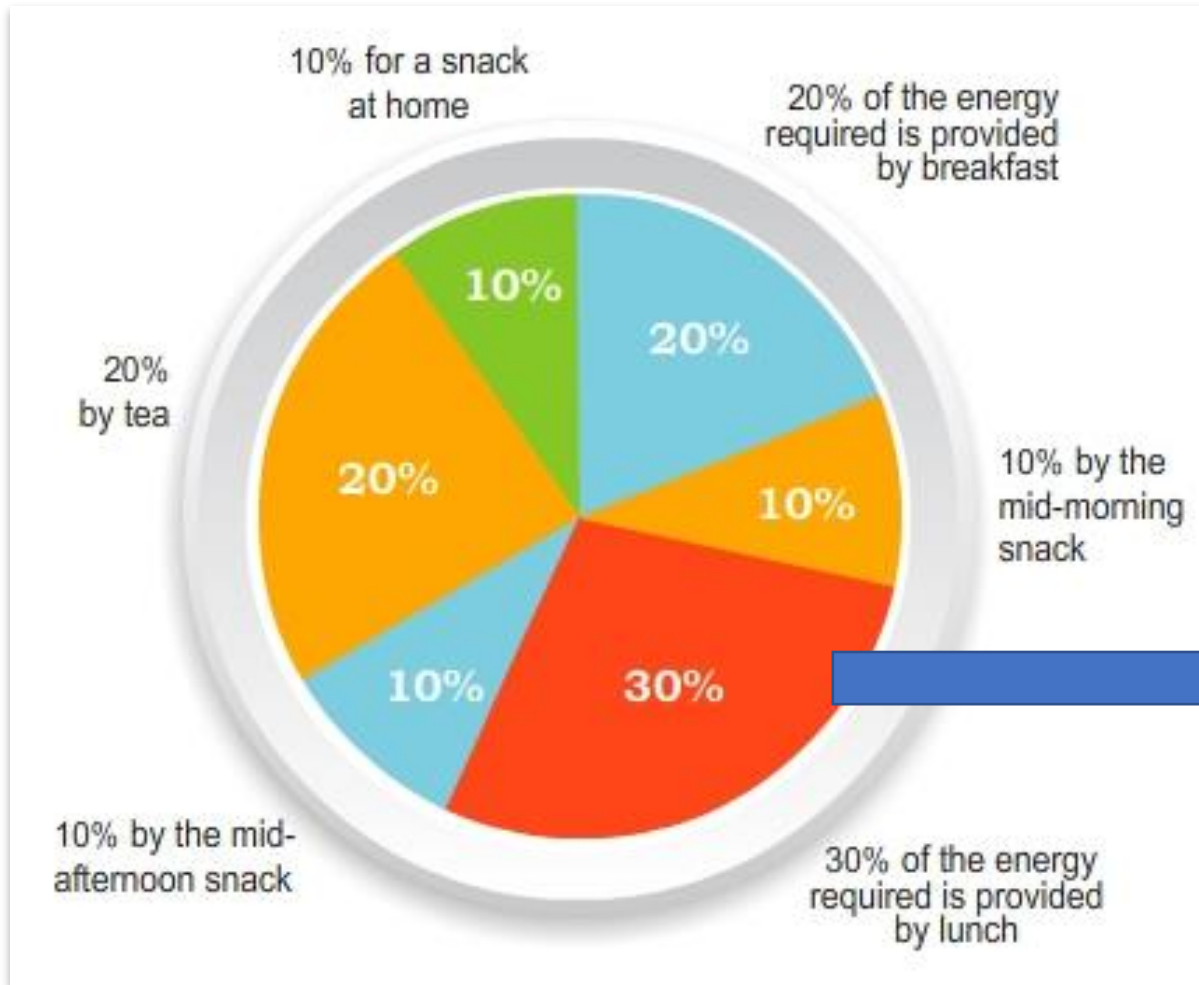


Let's think of reasons you can give to encourage healthy packed lunch choices:

- It will help a child to learn
- It can be cheaper
- It will make things easier
- Acceptance/enjoyment of a wide variety of healthy foods
- Become school lunch ready!



ALL MEALS AND SNACKS ARE IMPORTANT-REQUIREMENTS FOR NUTRITION FROM MEALS/SNACKS THROUGHOUT THE DAY:



It is vital the packed lunches provide the all the nutrition and energy that a cooked nutritious hot meal provides.

Food groups for planning meals + packed lunches:

Potatoes, bread, rice, pasta and other starchy carbohydrates

Fruit and vegetables

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oils & spreads

How much energy (calories) do children need at lunchtime?

	For 1-4 years calories/day	For 3-4 years calories/day
Day	1040	1182
Lunch 30%	312	355
20% without dessert	208	237
10% dessert	104	118
Snacks 10% (3 a day)	105	120



WHAT SHOULD GO INTO A PACKED LUNCH FOR 1 - 4 YEARS?

1 OR 2 PORTIONS OF STARCHY FOOD: THESE FOODS PROVIDE CARBOHYDRATES TO GIVE CHILDREN ENERGY FOR ACTIVITY IN THE AFTERNOON

White or wholegrain bread or rolls, bagel, tortilla or wrap, pitta bread or chapatti. Cooked potato, yam, pasta, noodles, rice, couscous, polenta or other grains; fruit bun, malt; loaf or raisin bread

AT LEAST 1 PORTION EACH OF VEGETABLES AND FRUITS: THESE FOODS PROVIDE VITAMINS AND MINERALS TO HELP PROTECT AGAINST ILLNESS

VEGETABLES Cucumber, Carrots, Tomatoes, Celery, Red or green Peppers, Sweetcorn, Mixed salad, Green beans, Sugar snap peas, Peas

& FRUIT Apple, Pear, Banana, Clementine, Strawberries, Grapes, Kiwi, Melon, Pineapple, Mango, Fruit canned in fruit juice; Dried fruit: raisins, apricots, figs or dates

1 PORTION OF PROTEIN FOOD: THESE FOODS PROVIDE PROTEIN, IRON AND ZINC TO HELP CHILDREN GROW

Meat, fish, eggs, beans, lentils or other alternatives
Chicken, turkey, beef, lamb, pork, sardine, tuna or salmon, egg, houmous or other pulses and beans
Dahl or other lentil dishes, tahini or other seed spreads; tofu; nut butters

AT LEAST 1 PORTION OF MILK OR DAIRY FOODS, OR ALTERNATIVES THESE FOODS ARE A GOOD SOURCE OF CALCIUM, FOR STRONG BONES AND TEETH

Milk to drink: Whole milk for children under 2 ys / Semi-skimmed milk for children 2 years and over
Dairy-free milk alternatives: Unsweetened calcium-fortified soya milk, oat milk or almond milk
Dairy foods: plain yoghurt, plain fromage frais; Cheese, rice pudding, semolina pudding, custard

WHAT ARE GOOD CHOICES OF DRINKS?

- It is a welfare requirement of the EYFS that fresh drinking water is available and accessible for children at all times
- The only drinks that should be provided with meals snacks and between meals are **water and milk**, as these will not damage children's teeth
- All other drinks (including fruit juice drinks, squash, fizzy drinks, flavoured water etc) should be avoided.
- It is important while tastes are being formed that children learn to associate hydration with drinking water

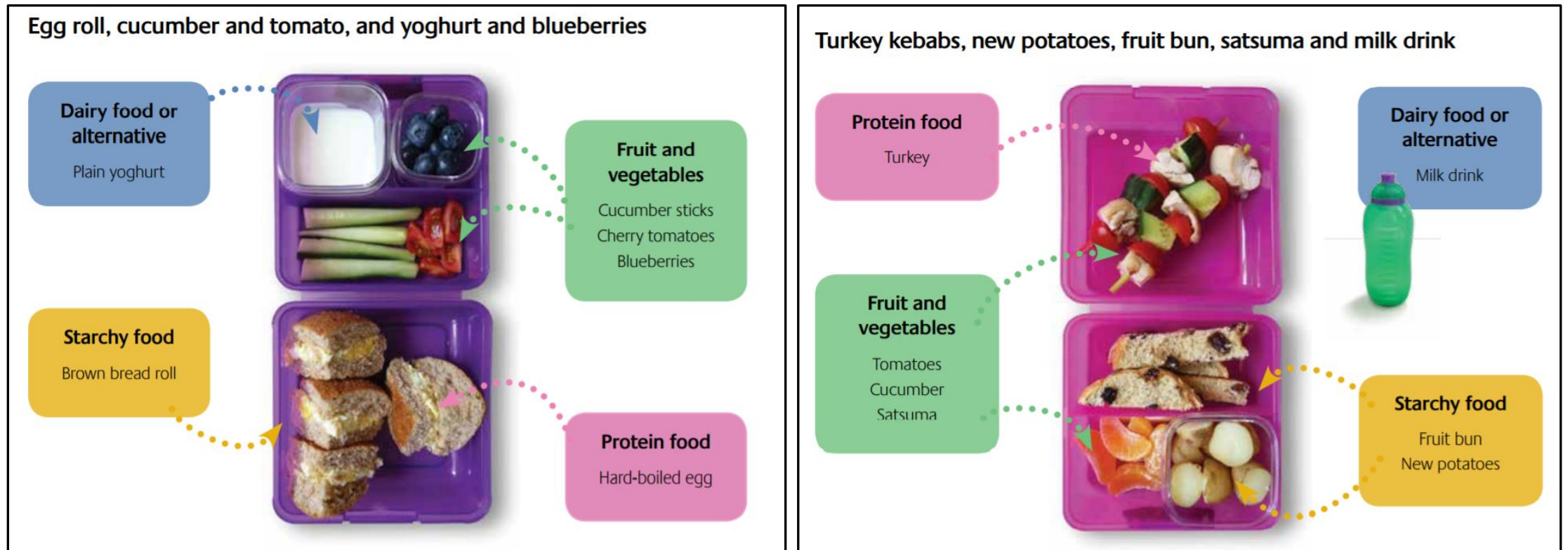
Note: we have a water activity to share with you following this webinar



What food groups are missing?
Are they meeting a 1-4 year olds nutrition and energy needs?



Examples of lunches showing all 4 main food groups



Eating well: Packed lunches for 1-4 year olds: <https://www.firststepsnutrition.org/eating-well-early-years>

Healthy lunchboxes showing average 1-4 year portions

Chicken, pasta, red pepper, lettuce, kiwi and milk drink



Egg roll, cucumber and tomato, and yoghurt and blueberries



Healthy lunchboxes showing average 1-4 year portions

Dahl, chapatti, rice and tomato, and soya yoghurt with grapes

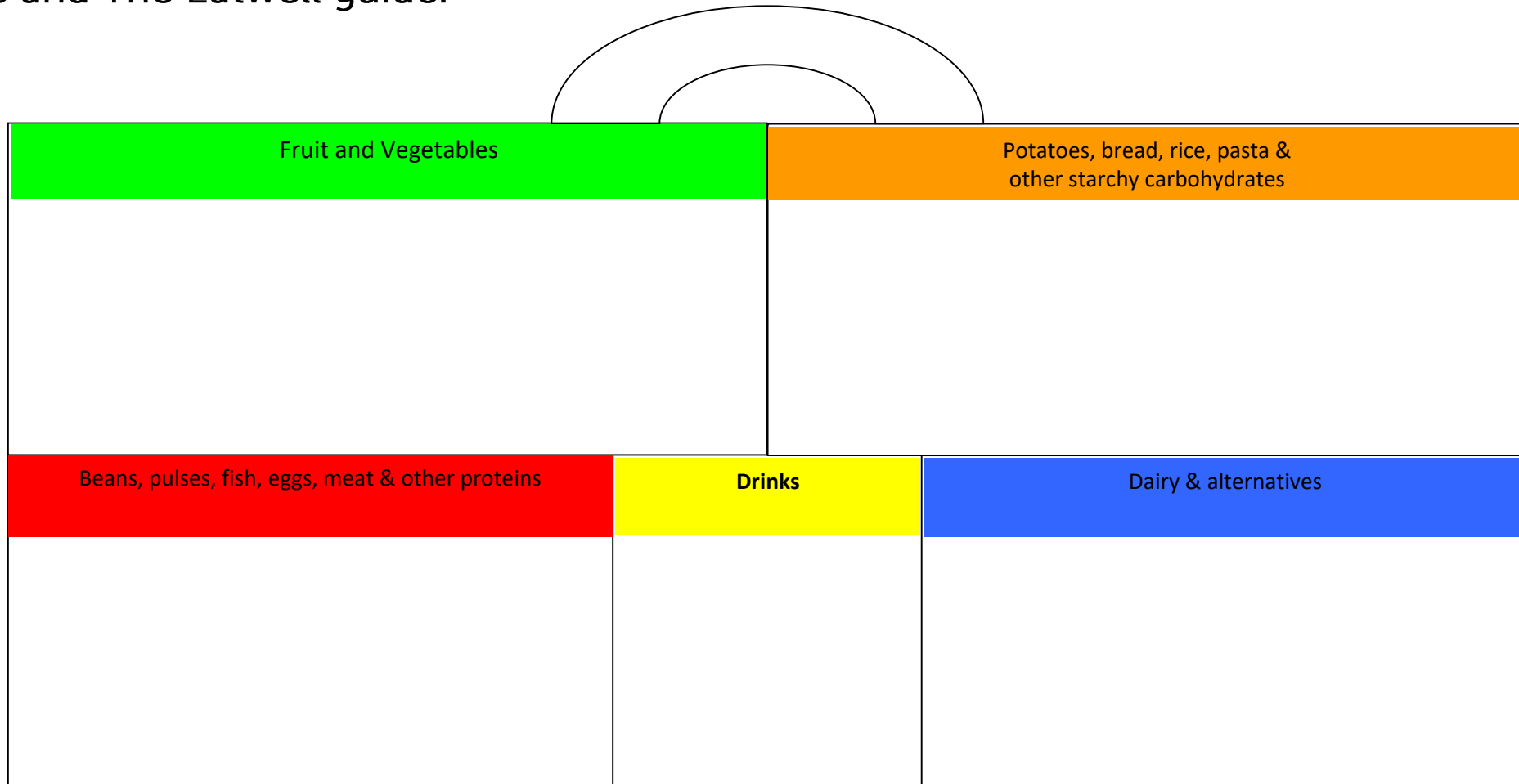


Peanut butter and banana sandwiches, cucumber, and dried apricots, and soya milk drink



Design a Healthy Packed Lunch

Draw/write or use the food pictures provided to design your packed lunch into the box below, put the foods into the right food groups. Use these documents to help: **The Food for Life packed lunch guide** and **The Eatwell guide**.



The image shows a lunchbox template with a handle at the top. The lunchbox is divided into six compartments by a grid. The top row has two compartments: a green one on the left and an orange one on the right. The bottom row has three compartments: a red one on the left, a yellow one in the middle, and a blue one on the right. The middle compartment of the bottom row is narrower than the others. The top two compartments are taller than the bottom three.

Fruit and Vegetables	Potatoes, bread, rice, pasta & other starchy carbohydrates	
Beans, pulses, fish, eggs, meat & other proteins	Drinks	Dairy & alternatives

OTHER IMPORTANT CONSIDERATIONS FOR PACKED LUNCHES

Food safety and hygiene tips in line with Covid-19 guidance – keep following Govt updates

Personal hygiene: Hand washing

- Not sharing
- Storage
- Use by & best before dates
- Dental health

Design activities for parental engagement to re-enforce these message (Food and drink policy)



IDEAS FOR LUNCH BOXES AND DRINKS CONTAINERS



You can use any packed lunch containers, but below are details of the ones we bought for the photos in this resource.

We used lunch boxes and bottles from the Sistema range (<http://sistemaplastics.com>)

These boxes and bottles are widely available, reasonable in cost, hard-wearing, come in a bright range of colours and are BPA-free.



We used small containers from the OXO Good Grips range (<http://www.oxouk.com/s-21-good-grips.aspx>). These are also BPA-free.



Cutlery came from RICE (<https://www.rice.dk>). These products can also be bought widely across the UK.

The baby cups were sourced from www.babycup.co.uk



ACTIVITIES: PACKED LUNCH RELATED

- Ice breaker: what do we see in our children's packed lunches now?
- Design a healthy packed lunch activity
- FFL packed lunch guide
- Eatwell guide
- Water play activity
- The feeling box
- Give me more vegetables and fruits



How confident do you now feel to offer advice to parents on how to pack a healthy lunch?

WHERE TO FIND
MORE
INFORMATION
ABOUT
PACKED
LUNCHES:

Packed lunch and snacks guidance for 1-4years can be found here:

<https://www.firststepsnutrition.org/eating-well-early-years>

Eat Better Start Better practical guide has information on Food and drink guidelines for each meal and snack for 1 to 4 years but not specifically on packed lunches

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Healthy Start & Best Start Foods: a practical guide

From October 2020 vouchers can be used to buy: fresh cows milk and first infant formula; fruit/vegetables fresh, frozen, tinned (those with added sugar excluded), pulses (e.g. peas, lentils, beans – dried, frozen or tinned)

<https://www.firststepsnutrition.org/healthy-start>

