



# Little Lambs Pre-School Centre

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Dear Parent / Carer,

Little Lambs Pre-School Centre follows the recommended Voluntary Food and Drink Guidelines for Early Years settings. These national standards are intended to help children develop healthy eating habits and ensure they get the energy and nutrition they need across the day. The standards apply to all food and drinks provided throughout the day.

Little Lambs Pre-School Centre recognises the importance of a healthy, balanced diet for young children. Therefore, to ensure a consistent approach to healthy eating we encourage all parents and carers to follow the guidance below when providing a packed lunch for their child.

## Healthy Lunchbox Guidance (applicable to children from 12 months upwards)

- ✓ Base a packed lunch around a starchy food - such as a sandwich, pasta, cous cous, a roll, wrap, pitta or bagel
- ✓ Include at least one portion of vegetables or salad
- ✓ Include at least one portion of fruit
- ✓ Include a dairy food such as milk, cheese, yoghurt, fromage frais
- ✓ Include a source of protein such as meat, fish, chicken or non-dairy vegetarian sources such as eggs, beans, lentils, soya/quorn products
- ✗ No crisps
- ✗ No confectionary/sweets, chocolate or chocolate coated products
- ✗ Limit cakes & biscuits to 2 - 3 times per week. Try and choose fruit-based cakes or plain biscuits where possible
- ✗ No nuts, or food products that contain nuts
- ✓ Suitable drinks are:-
  - Plain water (still)
  - Plain milk
  - Avoid fruit juice drinks, squash, fizzy drinks, energy drinks, flavoured water, tea and coffee



For tips and ideas for healthy snacks and lunchboxes please visit: [www.bethelchapel.net](http://www.bethelchapel.net)