

Playschemes

Happy eating



What to pack?

Playscheme can seem like a long day to some children, therefore we encourage you to pack enough for the day. You will need to pack the following:

Morning snack | Lunch time meal | Afternoon snack

Additional snacks just in case your child has exerted lots of energy that day or for those that may stay for the extended hour (at selected Playscheme only)

Below is a list of suggested items to pack in to your child's lunch box.

Reference has been made to NHS Eat Well guide. You will find the Eat Well Guide plate on page 4 of this leaflet.

Starchy carbohydrates

Wholemeal granary or high fibre white bread will increase the fibre in your child's diet.

Bread - wholemeal, granary, brown and seeded varieties such as pitta bread, bagel, naan bread, tortilla wraps, chapattis, rolls etc. Rice, pasta, couscous, rice cakes, crackers are also great carbohydrates too.



Protein

Protein has lots of healthy vitamins and minerals.

These can be the sandwich filler or served within a salad.

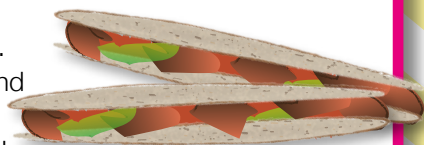
Fish such as: tuna fish, sardines and salmon.

Lean meat such as: chicken, turkey and beef slices.

Limit processed meats such as salami, sausages and bacon. Eggs, hard boiled only.

Additionally pulses are a good source of protein too!

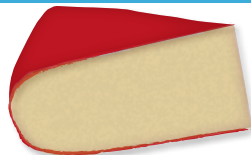
Such as: baked beans, chickpeas, lentils, peas, runner beans etc.



Dairy

Calcium helps to keep your child's bones and teeth strong.

Cheeses such as Edam and Cheddar, Milk, yoghurt drinks and yoghurt pots. Soya based milk, cheeses and yoghurts are good alternatives to dairy products.



Fruit and vegetables

Children need at least 5 portions of fruit and vegetables in their diet per day.

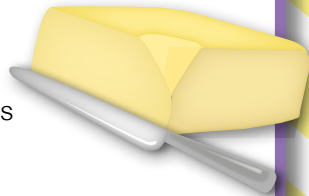
Fruit and vegetables are a good source of vitamins, minerals and fibre. Choose from fresh, frozen, tinned, dried or juiced.



EAT IN MODERATION

Oils and spreads

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. Remember all types of fat are high in energy and should be eaten sparingly. Fat helps the body absorb vitamins A, D and E. These vitamins are fat-soluble, meaning they can only be absorbed with the help of fats.



High fat foods

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. They're not needed in the diet and so should be eaten less often and in smaller amounts.



Safety tips

If you make sandwiches the evening before, store them in the fridge overnight. Use insulated boxes and ice packs to keep the lunch cool, we cannot refrigerate anything.

Tip: Freeze your child's drink to create an ice pack for their lunch box. For safety, use a plastic-lined flask, not glass.

Always clean lunch boxes, drink containers and cutlery thoroughly.

Wash all fruit and vegetables.

Avoid food that can be risky if not refrigerated such as prawns.

If you are unsure about a food product, do not add it to your child's lunch box. It's best to be safe!



We operate a 'NO NUTS' policy

We may have several children at Playscheme who suffer from a severe nut allergy. Please could we take this opportunity to remind everyone that our Playscheme endeavours to have a **'No Nuts Policy.'**

This means that the following items **SHOULD NOT** be bought into playscheme:
Food such as: **Peanuts ; Packs of nuts; Nutella; Fruit and cereal (muesli) bars that contain nuts; Chocolate bars or sweets that contain nuts; Sesame seed rolls** (children allergic to nuts may also have a severe reaction to sesame); **Cakes made with nuts; Biscuits; Nougat; Baklava; Turkish Delight.**

Thank you for your support

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kcal 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
 Typical values (as sold) per 100g: 697kcal/ 167kcal

Choose foods lower
 in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and
 in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Water, lower fat
 milk, sugar-free
 drinks including
 tea and coffee
 all count.

Limit fruit juice
 and/or smoothies
 to a total of
 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins
 Eat more beans and pulses, 2 portions of sustainably
 sourced fish per week, one of which is oily. Eat less
 red and processed meat



Dairy and alternatives
 Choose lower fat and
 lower sugar options



Choose unsaturated oils
 and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS