

Involving children in selecting and preparing food can help build their confidence with food.

You can prepare vegetable sticks, fruit pots, or pasta salads in advance and store them in the fridge for up to three days to save time.

lunchbox recipe ideas



Pasta Salad



Mini Frittata



Dips & Veg Sticks



Yoghurt Fruit Pots



Baked Samosas



Rainbow Noodles



Healthy Lunch Boxes

The Children's Kitchen is part of Feeding Bristol and we work toward improving access to food skills, starting with the youngest in our community. We work in Nursery Schools, Children's Centres, Family Hubs, schools and community settings encouraging children and families to explore and grow fresh food.

For more information and recipes please visit:

feedingbristol.org



feedingbristol.org



Healthy Lunch Boxes for children aged 2-4

Protein

The size of the child's palm

Fruit & Veg

The size of the child's cupped hand

Dairy

The size of the child's two fingers

Carbohydrate

The size of the child's fist

What is a portion?

Use your child's hand as a guide!

Choose one or two portions of each of these:

Protein

Cooked meat, egg, ham, chicken, fish or beans and lentils. They can be fillings or separate pieces to eat.

Fruit and Veg

Cucumber, peppers, halved cherry tomatoes, carrot sticks, sweetcorn. Apple slices, berries, grapes (halved) melon or pineapple chunks.

Dairy

(or dairy free alternatives*)
Hard cheese, soft cheese, yoghurt, fromage frais * unsweetened.

Carbohydrate

Starchy foods such as bread, rolls, wraps, chapatti, roti, pasta, cous cous or rice. Try to use a range of these over the week.



Snacks and drinks

Packed lunches for under 4's don't need to include sweet or salty foods such as cakes, biscuits, sweets, or chocolate.

If a dessert is included, it should be small in size and low in sugar.

Children are provided with water or milk at nursery or school, so juice or squash isn't necessary in their packed lunches.

Opt for own-brand items as they are cost-effective and of similar quality. Avoid products designed to attract children as they are typically double the price!

Safety First!

Most nurseries and schools are Nut Free.

Don't give popcorn to children under 4 as it is a choke risk.

Always chop grapes and cherry tomatoes in half.