

HUTCHISON PACKED LUNCH GUIDE (1–5 YEARS)

Healthy & Safe Packed Lunch Guide for Nursery Children | Hutchison Catering

Build a Balanced Packed Lunch

- 1 portion of fruit or vegetables (fresh, frozen, or tinned in juice (not syrup))
- 1 starchy food (e.g. wholemeal bread, pasta, rice)
- 1 protein item (e.g. egg, tuna, beans, lentils, chicken)
- 1 dairy or calcium-fortified alternative (e.g. plain yoghurt, cheese)
- Water or milk to drink (no squash or juices)

What to Avoid in Packed Lunches

- Crisps, sweets, chocolate, pastries and cakes
- Sugary drinks e.g. fizzy, squash, smoothies
- Whole grapes or cherry tomatoes (unless cut into quarters)
- Food that requires reheating or refrigeration if not packed with a cool pack

Keep Packed Lunches Safe

- Label your child's lunchbox clearly
- Use an ice pack or insulated bag for cold items
- Cut food to safe sizes to avoid choking
- Let staff know about any allergies or dietary needs

Why Try Hutchison's School Meals?

- Fresh, balanced hot meals daily
- Safe and allergy-aware food preparation
- Fun, sociable eating environment
- No lunch prep stress at home!

Ask staff how to try our school meals for a week! Thank you for supporting healthy eating in the early years!

1-5 YEARS PACKED LUNCH CHECKLIST

✓ BUILD A BALANCED

- ☐ 1 Fruit or Veg
- ☐ 1 Starchy food (e.g. bread, pasta, rice)
- ☐ 1 Protein (e.g. egg, beans, fish, chicken)
- ☐ 1 Dairy or Alternative
- ☐ Water or Milk



✗ FOODS TO AVOID

- Crisps or Sweets
- Fizzy or Sugary Drinks
- Pastries, Cakes, Biscuits
- Dried fruit (as a snack)
- ✗ Whole grapes or cherry tomatoes (choking hazard)



SAFETY FIRST

- ✓ Cut food into safe sizes
- ✓ Use ice packs or cool storage
- ✓ Clearly label all containers
- ✓ Discuss allergies with staff



Top Tips

- ✓ Water is the best drink
- ✓ involve your child in choosing lunch items
- ✓ Keep it simple, fresh, and colourful
- ✓ Batch cook and freeze healthy items