



Bristol Children's Playhouse – Healthy Eating Policy 2025

Dear Parents and Carers,

As part of the updated EYFS 2025 guidelines, we are encouraging all families to support healthy eating by packing nutritious, balanced lunch boxes. This helps children stay energised, focused, and ready to play.

To support the Playhouse's commitment to healthy eating we ask that parents pack the following – (*guidelines from the NHS*)

- Food for Energy: Include starchy foods like bread, rice and pasta to provide carbohydrates for energy.
- Food for Growth: Add protein-rich foods such as lean meats, eggs, beans, or dairy to support growth.
- Food for Health: Incorporate fruits and vegetables in a variety of colours to ensure a balanced diet.
- Something to Drink: Milk and water will always be available at the nursery

Food to limit –

- Processed meat and meat alternatives
- Dried fruit – unless part of the main meal due to its high sugar content
- Sweetened yoghurts
- Cereal bars

Please avoid packing the following –

- Sugary snacks
- Crisps
- Highly processed prepackaged food such as fruit winders and processed cheese i.e. – Dairylea and cheese strings

Staff may remove these items and offer a healthier alternative.

Thank you for working with us to give children the best possible start in life

The link below has some ideas and tips

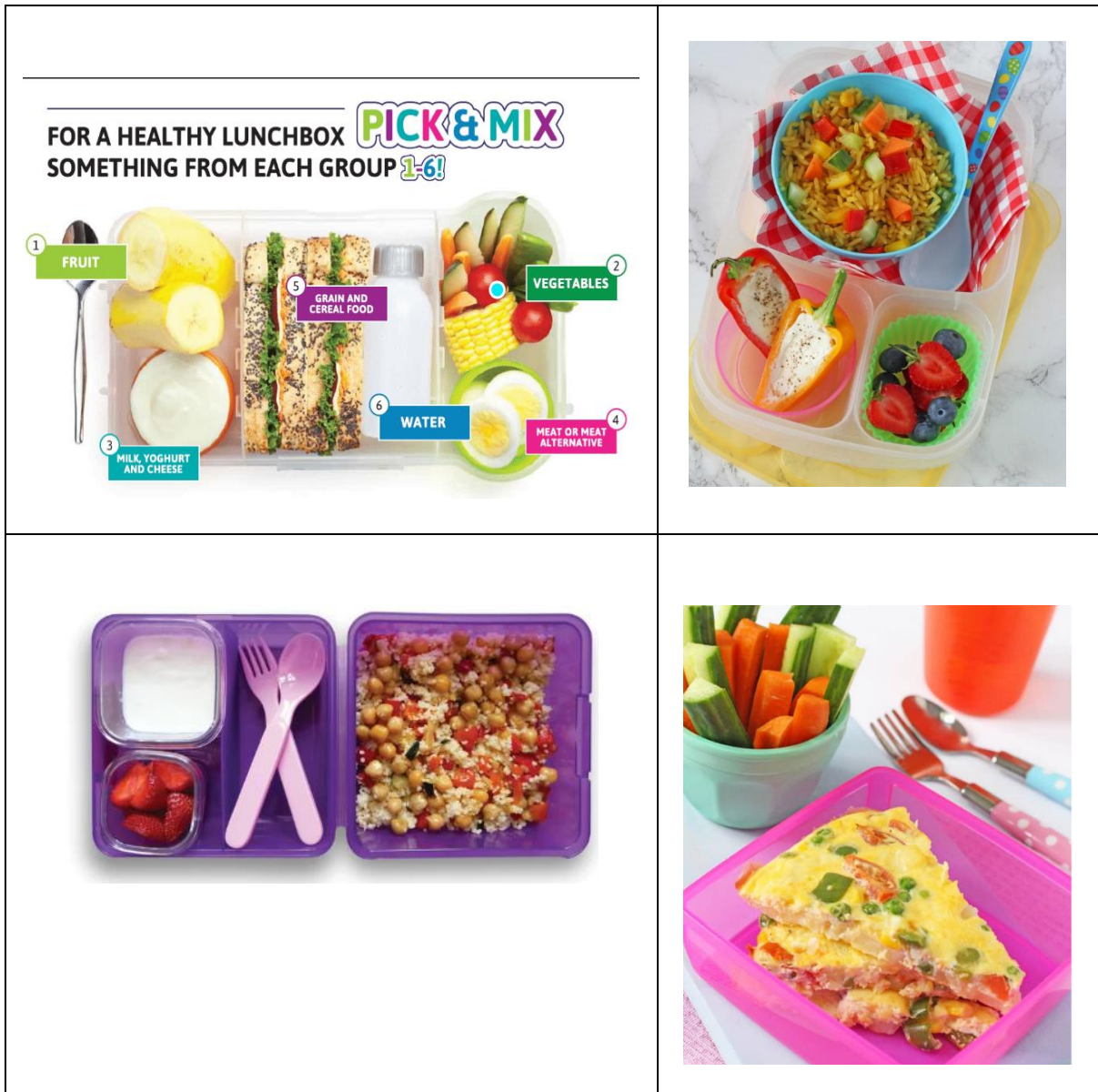
[Lunchbox ideas and recipes – Healthier Families - NHS](#)

[Eating well early years — First Steps Nutrition Trust](#)

[The Eatwell Guide - NHS](#)

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Some lunchbox options



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<p>A portion of potatoes, bread, rice, pasta and other starchy carbohydrates (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)</p>	<p>White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.</p>
<p>At least one portion of vegetables and/or fruit (provide a variety of different fruit and vegetables each week)</p>	<p>Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple,*** banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.</p>
<p>A portion of beans, pulses, fish, eggs, meat and other proteins (provide a variety of different foods each week)</p>	<p>Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*</p>
<p>A portion of dairy or an alternative (can be included as part of lunch and/or tea)</p>	<p>A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.</p>
<p>Desserts, cakes, biscuits and crisps</p>	<p>Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.</p>
<p>A drink</p>	<p>Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.</p>

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Portion sizes for children aged 5 and under



Food group	Portion size
A variety of fruit and vegetables (at least 5 portions each day)	
Cooked and raw	40g
Carbohydrates (4 portions each day)	
Cooked rice, pasta and potatoes	80g
Bread	25g
Average sized potato	1
Dairy and alternatives (3 portions each day)	
Milk	150ml
Cheese (sliced or grated)	15g
Cottage cheese	30g
Plain yoghurt	60g
Protein (2 portions each day)	
Baked beans	55g
Egg	55g
Meat, fish and poultry	40g
Most pulses and hummus	40g