



HAYES MEADOW PRIMARY SCHOOL

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'Be the Best We Can Be'

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23rd October 2025

Dear Parents and Carers,



At Hayes Meadow, we are committed to supporting children's health and wellbeing through nutritious and balanced food choices. A healthy lunchbox helps children stay alert, focused, and ready to learn throughout the day.

Basic Principles of a Healthy Lunchbox

Children should be encouraged to eat a wide variety of foods from the four main food groups. It's also important to include different textures, as these support children's physical and sensory development.

For children aged two years and above, the Eatwell Guide (based on government recommendations) shows what a balanced diet looks like. More information can be found on the NHS website:

www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/



The Early Years Foundation Stage Nutrition Guidance also provides advice on which foods to provide, limit, or avoid in young children's diets:

www.gov.uk/government/publications/early-years-foundation-stage-nutrition

In line with the government guidance, please do not include the following items in your child's packed lunch:

- Sugary drinks
- Foods containing artificial sweeteners.
- Cakes, pastries, crisps or items such as sausage rolls and pain au chocolate
- Chocolate-coated biscuits, chocolate bars, or sweets.
- Processed meat products such as sausages, bacon, and Peperami.
- Sweetened yoghurts - please provide yoghurts in pots that require a spoon (not tubes).
- Popcorn, as it is a choking hazard for children under five.
- Any items containing nuts, due to allergy risks.

Suggested foods to be in a lunch box;

At least 1 portion of fruit and 1 portion of vegetable.

Meat, fish or another source of non-dairy protein Lentils; beans; soya or hummus.

A starchy food such as bread (wholemeal), pitta, chapatti or wrap Dairy food such as milk - cheese; yoghurt; fromage frais (in a pot that requires a spoon) or custard.

Thank you for your continued support in helping us promote healthy habits and positive eating experiences for every child in our care.

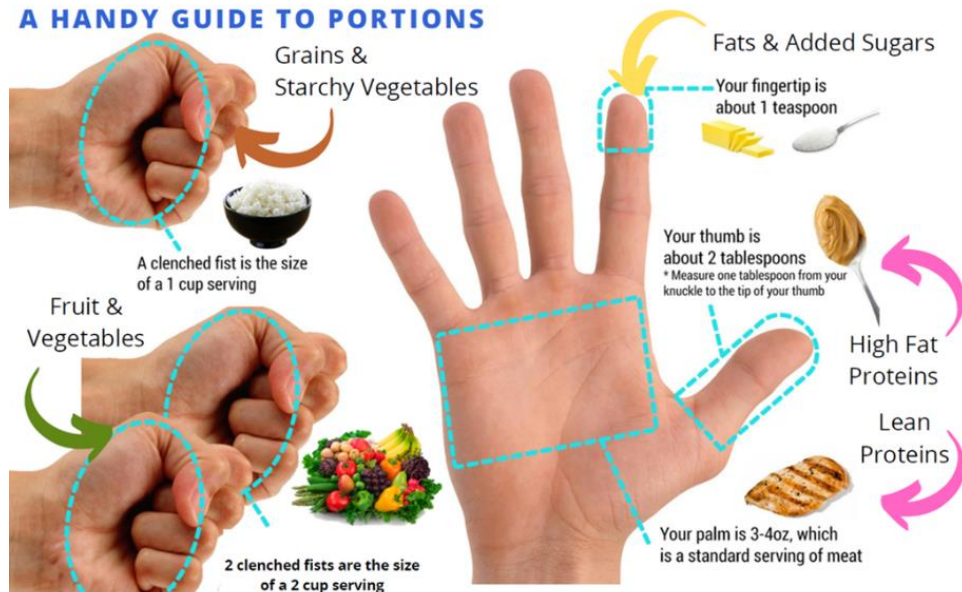
Kind regards,

Mrs Morgan

Assistant Headteacher / SENDCo

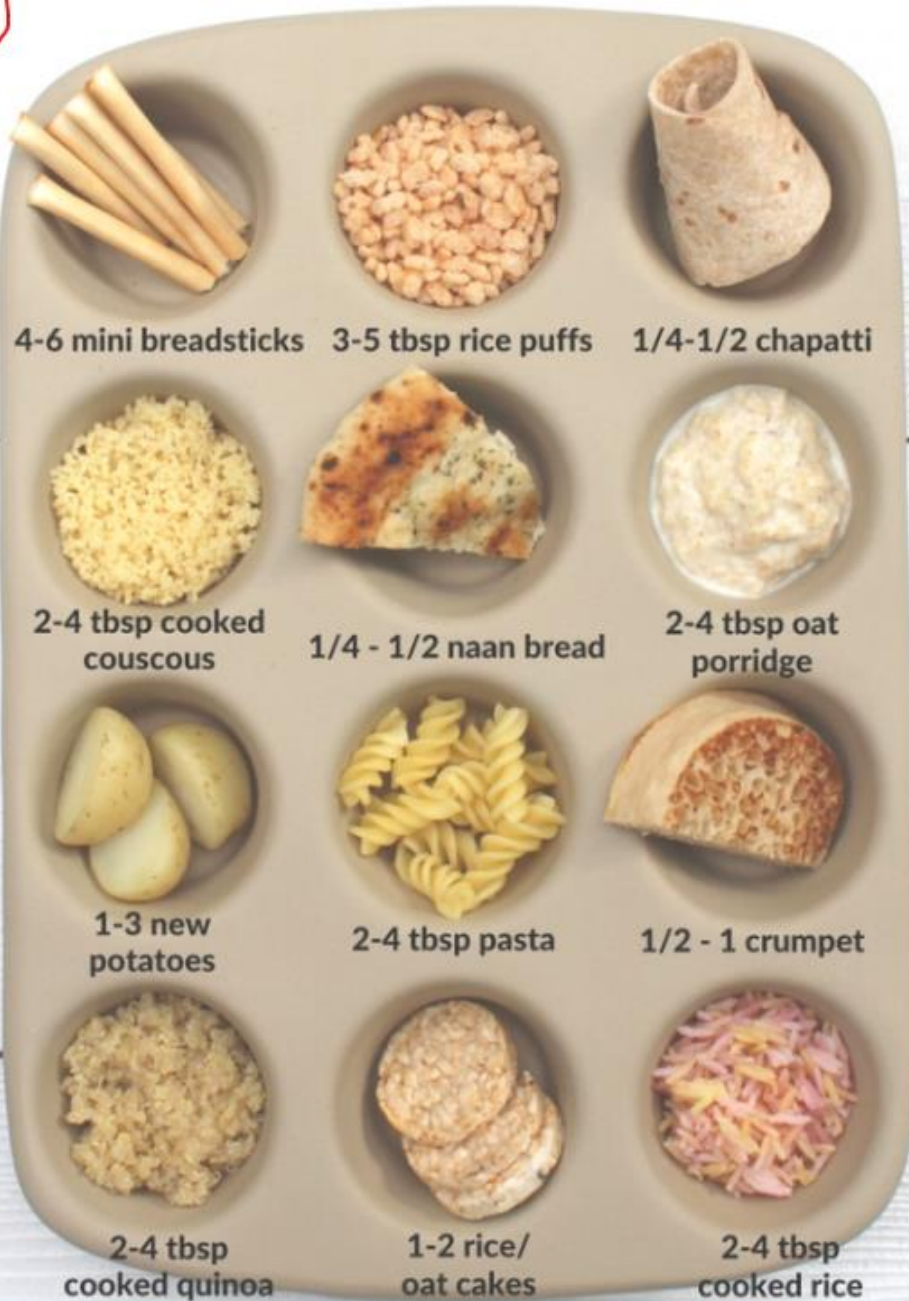
Health for Under 5s		Portion size guide for children under 5		NHS Leicestershire Partnership NHS Trust
Food	Hand Portion	Guide for 1-2 years	Guide for 3-4 years	
Fruit and vegetables 5 a day	Cupped hand 	- ¼ apple - ½ clementine - ¼-½ small to medium banana - 4-5 raw veg sticks - 1 tbsp cooked veg	- ½ apple - 1 clementine - ½-1 small to medium banana - 5-6 raw veg sticks - 2 tbsp cooked veg	
Potatoes, bread, rice, pasta, and other starchy foods 5 main meals 1-2 snacks	Clenched fist 	- ½ slice of bread/medium chapatti - 1 small potato - 2-3 tbsp of rice/pasta - 3-4 tbsp of cereal	- 1 slice of bread/medium chapatti - 2 small potatoes - 3-4 tbsp of rice/pasta - 4-5 tbsp of cereal	
Beans, pulses, fish, eggs, meat and other proteins 2-3 a day	Open palm 	- 1-2 tbsp beans, pulses, dahl - ½ -1 tbsp fish - ½ slice of meat (1 tbsp chopped) - ½ egg	- 2-3 tbsp beans, pulses, dahl - 1-1½ tbsp fish - 1 slice of meat (2 tbsp chopped) - 1 egg	
Dairy and alternatives 3 a day	Two thumbs 	- 1 cup (100ml) - 1-2 sticks hard cheese (1 tbsp grated) - 1 tbsp of plain unsweetened yoghurt	- 1 cup (150ml) - 2 sticks hard cheese (2 tbsp grated) - 2 tbsp of plain unsweetened yoghurt	

A HANDY GUIDE TO PORTIONS



TODDLER PORTIONS

CARBOHYDRATES



Please note that grapes must be cut in half as they are a choking hazard.

12 TODDLER PORTIONS

FRUIT

