



Nutrition, Safety, and Support at Wonder House

Dear Parents and Carers,

At Wonder House, your child's health, happiness, and development are at the heart of everything we do.

1. Early Years Foundation Stage Nutrition – Our Commitment

We are proud to follow the **new Early Years Foundation Stage (EYFS) Nutrition Guidance**, published on **17 April 2025** by the UK Government.

This guidance states:

“Children must be provided with meals, snacks and drinks that are healthy, balanced and nutritious, and meet dietary requirements.”

(Early Years Foundation Stage: Nutrition, GOV.UK, 2025)

Our nursery supports this by:

- Encouraging balanced, nutritious food choices every day
- Promoting a positive attitude toward healthy eating
- Educating children on good habits that last a lifetime
- Supporting parents with clear guidance and ideas for lunchboxes

We're excited to continue this journey with your support — building healthy bodies, confident minds, and happy hearts.

[!\[\]\(4b7a79268f6ba26c1471d4232fffa85a_img.jpg\) View the official guidance here](#)

As we move into the warmer months, we're making a few key updates that align with national guidance and support our mission to keep every child safe, well-fed, and ready to learn.

2. New Lunch Box Policy (Starting Monday 12 May 2025)

To improve hygiene and safety, we are introducing a **new lunch box policy**:

From **Monday 12 May 2025**, all packed lunches must come in a **plastic, washable lunch box**. If you require any support, please do let us know.

Fabric lunch bags (including insulated ones) **will no longer be accepted on their own**. However, you are welcome to place a plastic lunch box inside a fabric carrier if preferred.

Why this change?

We've observed that many fabric lunch bags are not regularly disinfected and often pick up bacteria during daily routines — from the car, the pram, the shops, or home.

With warmer weather approaching, this increases the risk of contamination. To reduce the spread of germs and protect every child, we are now requiring washable plastic boxes.

- Fabric bags **collect bacteria** and are hard to disinfect, especially during warmer months.
- Plastic boxes are **easier to clean**, dry quickly, and help reduce the risk of contamination.
- This is also a **safety measure** for children with allergies **Please ensure:**
- Lunch boxes are **labelled** with your child's full name
- **Unlabelled lunch boxes will not be accepted** for safety reasons
- Boxes must be **washed and dried daily**

Thank you for helping us protect all children and maintain the highest hygiene standards.



3. Affordable & Healthy Lunchbox Ideas

We've seen some amazing efforts!

The majority of our families are already doing an incredible job — packing **colourful, home-made, healthy meals** filled with fruit, vegetables, and variety. You should be so proud!

But we must now do this **together**, as one united team — **Wonder children, parents, and teachers**. We are not only feeding children today — **we are shaping their long-term health**.

What we teach and reinforce now helps prevent future problems in the teenage years and even adulthood.

We kindly ask that you avoid packing:

- Chocolate bars or cakes
 - Crisps and sweets
- Fizzy or sugary drinks
- **NO NUTS OR EGGS**

Healthy meals don't have to be expensive.

Here are a few low-cost, nutritious ideas:

We know healthy meals can sometimes feel overwhelming — especially on a budget. That's why we've gathered **simple, nutritious, and low-cost** ideas to make packing lunches easier for busy families.

Affordable Healthy Snacks

- Fresh fruit: bananas, apples, pears, satsumas, grapes (cut), strawberries
- Veggie sticks: carrot, cucumber, celery, bell pepper, cherry tomatoes
- Crackers with cheese
- Plain rice cakes or oatcakes
- Plain yoghurt (add fruit or cinnamon)
- Hummus with veggie sticks or pitta

- Mini pinwheels with cream cheese or hummus
- Dried fruit (e.g., raisins, dates — no added sugar)
- Homemade oat bars or flapjacks (no sugar)
- Cheese cubes
- Apple slices

Budget-Friendly Lunchbox Meals

- **Mini wholemeal wraps** with chicken, hummus, or cream cheese & veg
- **Pasta salad** with sweetcorn, cherry tomatoes, and a little olive oil
- **Sandwiches** with tuna, cheese & tomato,
- **Couscous** with veg and beans or grated cheese
- **Rice with peas**, corn, and chopped chicken
- **Homemade pancakes** with soft cheese or fruit
- **Baked potato cubes or sweet potato wedges**
- **Mini pittas** with ham, hummus, or bean spread

Top Tip: Prep a few items in bulk at the weekend — veggie sticks, cooked pasta — and mix & match all week!

Let's Raise Healthy & Happy Children — Together

This is more than a food update. It's a step forward in giving every child the best possible start — in their health, learning, and lifelong habits. We are so proud of our families and grateful for your support.

If you ever need help or ideas, we are here.

Together, we protect them. Together, we teach them.

Together, we raise happy and healthy children.

With warmest thanks,
The Wonder House Team

Common Questions & Honest Answers

Let's grow together, with understanding and encouragement.

“My little one doesn't eat that.”

*That's totally okay — **but how do we really know** if we don't offer it again and again?*

*Children under 5 are still discovering tastes and textures. Experts say it can take **10–15 tries** before a child accepts a new food. Please **don't give up**. Keep offering — even just a bite — with **positivity and patience**. You might be surprised one day when they finally try it and love it!*

“My child only wants cake and leaves everything else.”

Yes — because cake is sweet, filling, and feels like a reward.

*That's why it's so important we make **healthy food the priority** and treat cake as what it is: a **special occasion food**, not an everyday habit. If cake comes first, your child will feel full and skip the foods that actually fuel their growth and brainpower. Let's help them build a relationship with food that's balanced and joyful — not sugar-first.*

“Healthy lunchboxes are expensive.”

*Actually, they don't have to be. Many of the **most nutritious foods are among the cheapest**. For example:*

- A bag of carrots
- A cucumber
- A bag of satsumas
- A pack of rice cakes
- A loaf of wholemeal bread

*All these items can be stretched over several meals and are often **cheaper than crisps, chocolate bars, or ready-made snacks**. Healthy eating is not about fancy ingredients — it's about **simple, real food** that's good for growing bodies.*

“My little one won't try anything new.”

They won't — until they do!

At this age, children copy what they see. Try **eating a carrot stick with them**, say how “crunchy” it is, or **let them help you pack the lunchbox**. These little moments plant big seeds of curiosity and confidence.

“What if my child is hungry after a healthy lunch?”

A balanced lunch **doesn't mean a small lunch** — it just means real food.

A sandwich, veggie sticks, and fruit are **more filling and nourishing** than a lunchbox full of processed snacks. If your child is regularly hungry, we can work with you to **adjust portion sizes or offer extra ideas**.

Budget-Friendly Healthy Lunchbox Ideas

Here are some **budget-friendly lunchbox meal ideas** that children love. You might already be doing many of these, but if you need new inspiration, we hope this helps:

- **Mini Wraps:** Small wholemeal wraps can be filled with all sorts of healthy goodies – try grated cheese with cucumber, hummus with grated carrot, or lean ham with lettuce. Wraps are often cheap and you can use last night's chicken or salad leftovers as fillings. Cut them into pinwheels for a fun presentation!
- **Pasta Salad:** A simple pasta salad is a great way to use leftover pasta. Mix cooked pasta (cooled) with chopped vegetables (like tomatoes, cucumber, sweetcorn) and a protein (tuna, beans, or chicken). A light dressing of olive oil or yoghurt keeps it moist. This can be made in bulk and divided over a couple of days – economical and tasty.
- **Couscous or Rice Dishes:** Couscous is very quick to prepare and inexpensive. You can mix in peas, chopped peppers, or any veggies your child likes, plus a little shredded chicken or cheese. Similarly, rice dishes (like a mild rice and bean salad, or fried rice with veggies) make a filling lunch. These grains are cheap and can be cooked in batches for multiple meals.
- **Sandwiches:** The classic sandwich never goes out of style. Wholegrain or brown bread is a healthier choice and usually budget-friendly. Fillings like cheese and tomato, tuna and sweetcorn, or mashed avocado and turkey are nutritious. To keep costs down, you can use spreads or cream cheese with cucumber. Cutting sandwiches into fun shapes or little triangles can also make them more appealing.
- **Leftover Magic:** Don't hesitate to use dinner leftovers to save time and money! Last night's roast chicken can become today's chicken salad in a lunch box. A leftover veggie pizza slice, a homemade muffin, or a portion of stew can all be packed for lunch the next day. This reduces waste and gives your child a variety of foods.

By planning lunches around **simple staples** – like pasta, rice, bread, and seasonal vegetables – you can keep costs down while still providing plenty of nutrients. We're always happy to share more ideas or recipes if you're interested, so just ask us if you'd like more inspiration!

Affordable Healthy Snacks

- **Fresh Fruit:** You can't go wrong with seasonal fruits. Apple slices, banana, pear, orange segments, or a handful of grapes (sliced in half for safety) make sweet, healthy treats. Fruit is packed with vitamins and fibre, and buying what's in season locally can save money.
- **Veggie Sticks:** Crunchy carrot sticks, cucumber slices, cherry tomatoes, or bell pepper strips are refreshing and cheap. Consider adding a small pot of hummus or yoghurt-based dip for extra fun and nutrition. Kids often love the texture and bright colours of cut veggies!
- **Crackers & Cheese:** Wholegrain crackers with a couple of cheese slices or cubes provide energy and calcium. It's an inexpensive combo and easy for children to eat. You can buy a big box of crackers and a block of cheese and portion them out through the week.
- **Plain Yoghurt:** A small tub of plain or natural yoghurt is a great source of calcium and protein without added sugars. You can mix in a few fruit pieces or a drizzle of honey at home to add flavour. Buying a large tub of yoghurt and dividing it into reusable small containers can be very cost-effective.
- **Rice Cakes or Oat Cakes:** These are light, inexpensive, and great with a spread of cream cheese or a thin layer of jam. They have a nice crunch and are usually low in salt and fat.
- **Dried Fruit (in moderation):** Items like raisins, apricots, or apple rings can satisfy a sweet tooth with natural sugars. A small handful of raisins, for example, is usually low-cost and provides some vitamins and fibre. (Just be mindful of portion size, as dried fruits are concentrated in sugar.)

All of the above snacks are easy on the wallet and provide nutrients that will keep your child fuelled during their busy day. Feel free to mix and match these ideas, and remember a small variety in the lunch box can make it more exciting for your child.

A Gentle Word on *Cakes, Chocolate & Sugar*

*We've noticed that some lunch boxes contain **more cakes and chocolate than an adult would eat in one sitting**. We completely understand — we all love sweet treats! Cakes, biscuits, and chocolate bring comfort and joy, and there's **nothing wrong with enjoying them in moderation**.*

*But **children don't need large amounts of sugar**, especially during the day at nursery. Their small bodies, teeth, and developing habits are **much more sensitive** than ours. What we allow in their lunchboxes becomes what they learn is "normal."*

Please parents — let's come together.

*Let's agree: yes, a **small sweet treat is okay**, but only in moderation, and ideally after lunch, when natural food enzymes in the mouth can help protect the teeth.*

Did you know?

- *Too much sugar can **lower a child's energy levels** and affect concentration, mood, and behaviour.*
- *High sugar intake increases the risk of **childhood obesity, diabetes, and tooth decay**.*
- *The NHS recommends that children aged 4–6 have **no more than 19g of sugar per day** — that's less than **5 sugar cubes**.*

*A single chocolate bar or slice of cake can **easily exceed this**.*

*We are not banning treats — we're simply asking that we all show children how to enjoy them **the right way**, as a small part of a healthy day.*

Let's work together to create lunchboxes that reflect what we want for their future — energy, strength, confidence, and healthy smiles.

Recommended Websites for Meal Ideas & Nutrition Support

NHS Start for Life

Meal ideas, weaning guidance, toddler snacks, and nutrition advice.

<https://www.nhs.uk/start-for-life/baby/feeding-your-baby/>

<https://www.nhs.uk/start-for-life/child/food-nutrition/>

Change4Life (Now part of Better Health - NHS)

Snack swaps, lunchbox tips, recipe videos, and sugar guidance.

<https://www.nhs.uk/healthier-families/>

<https://www.nhs.uk/healthier-families/recipes/>

The British Nutrition Foundation (BNF)

Balanced diet info, portion sizes, healthy habits for early years.

<https://www.nutrition.org.uk/healthy-eating/life-stages/early-years.html>

<https://www.foodafactoflife.org.uk/recipes/>

First Steps Nutrition Trust

Evidence-based guidance on healthy eating for babies, toddlers, and young children.

<https://www.firststepsnutrition.org/>

Public Health Scotland – Child Healthy Weight Programme

Support with healthy choices and child-friendly meal planning.

<https://www.nhshighland.scot.nhs.uk/health-and-wellbeing/healthy-weight/child-health-and-weight/>