

# Good Food Choices

**Eating Well: Snacks for 1-4-Year-Olds** provides ideas for snacks for one-to-four-year-olds that are both contributory to their nutritional intake and which are not damaging to emerging and developing teeth.

There are ideas for easy snacks that could be useful when out and about, and snacks that can be offered in early years settings that meet the voluntary food and drink guidelines for early year settings in England. There are recipes within this guide that cater for vegan, vegetarian, gluten-free, egg-free and dairy-free diets.

**Eating Well: Packed lunches for 1-4-Year-Olds** provides practical ideas for anyone who is preparing packed lunches for children ages one to four years.

The packed lunches shown in this resource all provide the amount of energy (calories) needed by children of this age at a main meal and, if a range of packed lunches are eaten over a period of a week or more, they will provide the important nutrients that young children need to develop and grow. There are recipes within this guide that cater for vegan, vegetarian, gluten-free, egg-free and dairy-free diets.

**Good Food Choices and Portion Sizes for 1-4-Year-Olds** offers a visual support for early years providers on the types of foods, and amounts of foods, that meet the needs of children aged one to four years.

This guide provides some simple ideas for the balance of different meal components that will meet the energy and nutrient needs of children in this age group. Some simple food-based recommendations for each food group are given, followed by photos showing appropriate portion sizes for one-to-four-year-olds.

**Eating Well: Vegan Under-5's** contains practical advice, recipes, and photos of portion sizes appropriate for different age groups. It also contains information on milk alternatives, cooking and ingredient tips for cooking for vegan children and useful sources of additional information to help those working in early year settings to support vegan infants and children to eat well.



