



Healthy Lunchbox Guidance

As a school we want all children to have a healthy lunch, whether it is a school dinner or packed lunch.



As a guide, a balanced packed lunch contains the following:

- ✓ A starchy food such as a wholegrain roll, sandwich, bagel, wrap, or pitta pocket that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat) or pasta, rice, potatoes or noodles
- ✓ A good source of protein, iron and zinc such as meat, fish, beans or eggs.
- ✓ A good source of calcium such as milk, cheese, yoghurt or fromage fraise
- ✓ Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes, carrot, cucumber, pepper or celery sticks, small tub of fruit salad. These can also be incorporated into other dishes like pasta salads, wraps, pittas, sandwiches, sandwich fillers such as sweetcorn or cucumber with your tuna
- ✓ A biscuit as a treat
- ✓ Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.
- ✓ Eating utensils if necessary
- ✓ Remember a drink too! Fill up a bottle of water or pack a carton of fruit juice.

Children are asked not to bring chocolate bars, sweets, sugary cakes or fizzy drinks in their packed lunches. No fruit winders please.

Please don't pack too much. Often food is wasted.

It is not our intention to tell parents what and how they should be feeding their children. However, we do want to work in partnership to educate our children about healthy choices, so that they can make their own informed choices independently when they are older.

If your child has not eaten enough of their lunch, we will send it home in their lunch box in order for you to see what they have eaten.

Examples;



To promote our healthy eating policy, we cannot share cakes and sweets in class for each child's birthday.