





Healthy Schools - Packed Lunches



As part of the Healthy Schools initiative, we are aiming to ensure the children are provided with a healthy packed lunch during the school day. It is important that the children have a healthy, balanced meal during lunchtime to give them the energy they need to learn and play at school!

As a school we would appreciate your support in trying to make your child's packed lunch as healthy as possible.

Suggestions for a healthy packed lunch:

	<p>Fruits & Vegetables</p>	<ul style="list-style-type: none"> ❖ At least 1 portion of fruit ❖ At least 1 portion of vegetables
	<p>Meat, Fish & Alternatives</p>	<ul style="list-style-type: none"> ❖ A small portion of meat or fish ❖ Alternatives e.g. Quorn, lentils, chickpeas etc.
	<p>Starchy Foods</p>	<ul style="list-style-type: none"> ❖ A starchy food e.g. bread, pasta, rice, couscous, noodles or potatoes.
	<p>Dairy Food</p>	<ul style="list-style-type: none"> ❖ Dairy food e.g. milk, yoghurt, cheese etc.

Please **avoid** including these foods:

	Sweets & Chocolates	❖ Include fruit bread, malt loaf etc. as alternatives
	Sugary & Fizzy Drinks	❖ Water, fruit juice or smoothies are preferable!

Practical Tips for a Healthy Packed Lunch

- ❖ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad.
- ❖ Replace cakes and pastries with fruit bread or malt loaf.
- ❖ Replace salted savoury snacks with rice cakes or breadsticks.
- ❖ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ❖ Please use insulated lunch boxes with reusable ice packs to keep the food fresh.
- ❖ Introduce rice, noodles, pizza slices or pasta as alternatives to sandwiches.

We also please ask that you avoid packing anything that contains nuts due to allergies within the school.

We are aware that some children are selective eaters and hope that this leaflet can be of some help. Thank you for your support; we appreciate your help in maintaining our status as a Healthy School!

Thank you,

Miss Britton