



## Healthy School Packed Lunches

It is important to make sure the lunchboxes that children take to school provide a healthy, balanced lunch. This means plenty of foods that contain the nutrients that children need, and fewer foods that are high in sugar and saturated fat.

### Packing The Lunchbox

A balanced packed lunch should contain:

- **Starchy Foods** Wholegrain bread, rice, pasta and/or potatoes
- **Protein Foods** Meat, fish, eggs, beans
- **A Dairy Item** Cheese or yogurt
- **Vegetables or Fruit**
- **No fizzy drinks allowed in school, please avoid high sugar drinks**

Starchy foods are a good source of energy, and should make up a third of the lunchbox. But don't let things get boring. Instead of sandwiches give children bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread. Children often like food they can eat with their fingers, so chop up raw vegetables such as carrots or peppers, and give them houmous or cottage cheese to dip the vegetables in. Breadsticks and wholemeal crackers are great finger foods and they can be spread with low-fat soft cheese or eaten with reduced fat cheddar cheese.

Replace chocolate bars and cakes with fresh or dried fruit. Vary the fruit each day and get them to try new things like kiwi or melon. You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new, but please remember that **NO NUTS** are allowed in school, due to severe allergies.

**Please be aware that we are unable to heat any packed lunch items for your children.**

**Also for Health and Safety reasons, please only send your children in to school with COLD items of food or liquid.**

**WE ARE A 'NUT-FREE' SCHOOL**