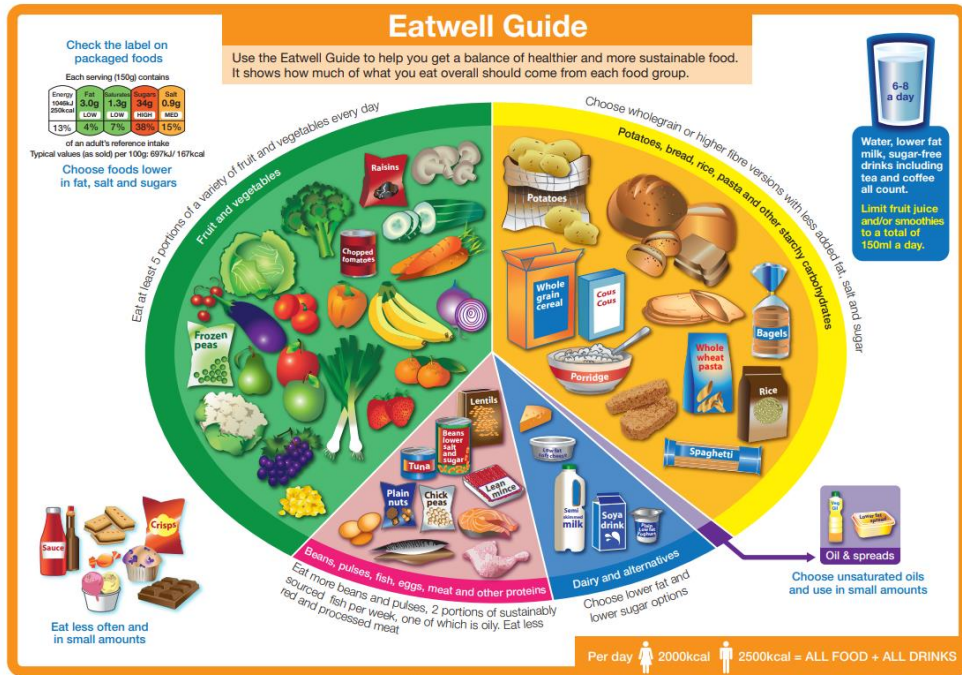


The NHS Eatwell Guide gives more information on what makes a balanced diet. You can find it at www.nhs.uk/live-well/eat-well/the-eatwell-guide.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Healthy packed lunches



Inspire learning | Develop character | Build community | Give whatever it takes

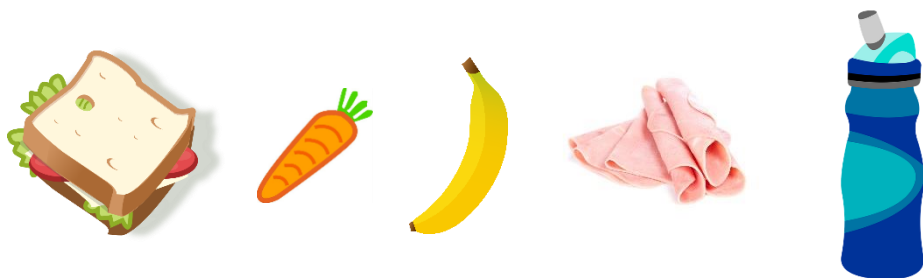
Packed lunches

If your child is bringing a packed lunch to school, it's important to make it healthy to:

- Help your child develop healthy eating habits.
- Provide good energy for your child.
- Help your child concentrate.

Please remember that we are a NUT FREE school.

A healthy, balanced lunch includes food from across the groups - an example would be:



Carbohydrate e.g. a sandwich or pasta salad

Vegetable s e.g. carrot sticks

A piece of fruit e.g. a banana

Protein e.g. ham on your sandwich, or cocktail sausages.
NO NUTS

Water

Fizzy drinks, squash or flavoured water are not allowed in school.

Lunchbox tips from Change 4 Life:

- Base the lunch on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.
- Cut down on the spread used in sandwiches.
- Pick lower fat sandwich fillings, such as lean meats or reduced fat cream cheese.
- Always add salad to sandwiches.

- Always add veg – cherry tomatoes, sticks of carrot, cucumber, celery and peppers all count towards their 5-a-day.
- Cut down on crisps. Why not swap for plain popcorn or rice cakes?
- Swap the sweets – swap cakes, cereal bars and biscuits for malt loaf, fruit breads or fruit.
- Go for low fat and lower sugar yogurt or fromage frais and add your own fruit.
- Get your children involved in preparing and choosing what goes in their lunchbox and they're more likely to eat it.

You can find lots of lunchbox recipes on the Change 4 Life website www.nhs.uk/change4life/receipes/healthier-lunchboxes.

Snacks

Your child can also bring a snack for morning break. Our School Council have made the following guide to break time snacks:

Allowed:	Not allowed:
Fresh and dried fruit inc. raisins	Nuts
Vegetables	Chocolate
Rice cakes	Crisps
Popcorn	Cake
Yogurt and yogurt drinks	Cookies
Fruit bars	Chocolate spread
Crackers	Peanut butter
Cereal bars (please make sure these don't contain nuts)	
Cheese	
Breadsticks	
Peperami's are allowed at lunch but not break!	