

Healthy packed lunches and Nut Free School and Pre-school

At school we promote healthy food choices and lifestyles and encourage our packed lunches to reflect this too, this includes choosing healthy options and being mindful of portion size.

A 'healthy lunchbox' may include:

- A small sandwich, wrap or roll (ideally on wholemeal bread) filled with a protein (cheese or ham) or a small pasta salad
- A protein snack (a yogurt, cheese slices)
- Two portions of fruit or vegetables (veggie sticks, fruit)
- An additional sweet or savoury snack (cereal bar or biscuits)
- A drink (water, milk, sugar free squash or smoothies)

Please **don't** send in chocolate bars, sweets and fizzy sugary drinks.

We are also a **NUT FREE** school so please **NO** foods that contain nuts.

5 steps to a healthy lunchbox!

1. Fruit

1 serving, examples:



2. Vegetables

At least 1-2 serve, examples:



Add a dip to help kids eat veggies

3. Main Lunch

Include protein and healthy fat to keep your tummy full, plus whole grains (if eating grains) for long lasting energy. Examples include homemade hamburger with salad; wraps with chicken and salad; quinoa, brown rice, eggs, chickpeas etc. Include a dairy source such as cheese or side of yoghurt if eating dairy.



4. Healthy Snack

1 serve ONLY, examples:



5. Water Bottle

Your body is made up mostly of water. You use this when you play, learn and go to the toilet. Be sure to drink water to replace what you use! It's the best drink for your body.

