



## PACKED LUNCHES

The school endeavours to promote healthy eating habits, which will have a good effect in later life.

If your child has a packed lunch we would like to suggest a choice from the following range of foods would be appetising and healthy:-

- A round of sandwiches (try brown or multigrain bread) **cut into four or shapes** using cake/pastry cutters
- Pasta salad
- Raw vegetable sticks – carrot, celery, cucumber, mini tomatoes- must be cut length ways
- A **small** piece of fruit – banana/apple/pear/ peeled orange/grapes- must be cut length ways
- A few raisins or other dried fruit
- Cubes of cheese (cheaper than Cheese Strings)
- A mini yoghurt/fromage frais
- **Occasionally** a small bag of low fat/low salt crisps or savoury biscuits or a **healthier alternative could be popcorn**
- A drink – low sugar diluted fruit juice/milk/water – ideally in a plastic bottle that can be re-used (cartons often get wasted)
- **Occasionally** a healthy muffin

### TOP TIP!

Pre-packed items such as Lunchables are expensive and often get wasted.

The following items are not allowed:-

- Fizzy drinks, cans, glass bottles or vacuum flasks
- Sweets or chocolate bars/cakes
- Nuts, peanut butter and chocolate spread

Please do your best to avoid lots of cakes, chocolate biscuits, and sweet sticky food. Occasional treats are fine, or better still save them for home.

**Help us to help your child. Thank you.**