

## So, what should a healthy lunch contain and what foods should be left out?

According to advice from the Food Standards Agency, a healthy packed lunch should include:

- Meat, fish or a dairy source of protein
- Starchy carbohydrate, such as a wholegrain sandwich, to provide energy
- At least one portion each of a fruit and vegetable or salad (grapes, cherry tomatoes to be halved/ quartered)
- Water or milk to drink, (we will provide water at lunch time, which will prepare them for school)

The key foods to avoid are:

### We are a Nut free setting

- Sweets and chocolate. (We will remove bars of chocolate and sweets from lunchboxes and return them to you)
- Snacks, like crisps, with added salt/sugar/fat
- Sugary and fizzy drinks
- Deep-fried foods and processed meats
- Sandwich made from 1 slice of bread is sufficient, White bread - if children won't eat brown, try whole white sliced bread

FOR A HEALTHY LUNCHBOX **PICK & MIX**  
SOMETHING FROM EACH GROUP 1-6!

