

HEALTHY PACKED LUNCH GUIDELINES

As part of being a healthy school, the School Council have been trying to create some guidelines for healthy packed lunches. We hope that you will take our ideas into account. Read on to see our healthy ideas!...

Drinks.

We have a concern that many children tend to bring too many sugary drinks.

Here are some more nutritious options that are better for you and taste great too!

Fruit Juice

Milk

Smoothies Diluted squash

No fizzy drinks!



Carbohydrates

To start your packed lunch, we think that it is important to have something that provides you with lots of energy - however it must also be good for you! We have created a sensible list of carbohydrates you could have to start your lunch:

Pasta

Rice

Pitta bread

Wraps

Oat cakes

Crackers



Protein

It is vital for children to get protein for them to be healthy and heal quickly. It is in meat and eggs. For protein in your lunch you could have:

Chicken

Ham

Eggs

Fish



Having dairy will increase the growth and strength of your teeth and bones. It can come in



sugars and fat in lunches but we want to encourage people to not have too much. Here is a selection of different treats



We truly hope that these guidelines will help you decide on what to put in your healthy and balanced lunch box!

Thank you for your support
Fruit and Veg

Apples

Oranges

Pears

Bananas

Carrots Dairy

either food or drink.

Cheese

Yogurt

Milk

Treats

Of course this leaflet will not prevent to

finish your lunch:

Cereal bars

Biscuits

Fruit cake

Small cakes