








# Healthy Packed Lunch Policy









Your packed lunch **should include** a portion from each of the following:

<p>Fruit</p> 	<p>Vegetables</p> 	<p>Meat, egg, beans or fish</p> 	<p>Starchy food e.g., sandwich, rice or pasta</p> 	<p>Milk, yoghurt or cheese</p> 
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Your packed lunch **should not** include these foods:

<p>Crisps &amp; other high fat snacks</p> 	<p>Chocolate bars, sweets, cakes</p> 	<p>Pastry/ fried foods</p> 	<p>Nuts</p> 	<p>Hot food</p> 	<p>Soft Drinks</p> 
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## Treat Friday

Every **Friday** you can bring 1 treat to school.

Crisps, chocolate, cake, pastry or other high fat snacks



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## What is the Eatwell Plate?

### The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

