

As part of our Healthy School Standard we are continually talking with the children about Healthy Lunches.

We are all trying to have a balanced, healthy lunchbox, or a healthy school dinner.



Some Ideas for your Healthy Packed Lunch

Try eating something from each food group, this will provide a balance of nutrients

- A good portion of starchy food, e.g. high fibre white bread, wholegrain, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, e.g. an apple, Satsuma, cherry tomatoes, carrot sticks, cucumber sticks, box of raisins
- A portion of semi-skimmed milk or dairy food, e.g. individual cheese portion or a pot of yogurt
- A portion of lean meat, fish or alternative e.g. ham, chicken, beef, tuna, egg or hummus.
- A drink, e.g. fruit juice, semi-skimmed milk or water.
- No fizzy drinks please

Instead of chocolate and crisps:

try flapjack, teacake, scones, bread sticks, cheese and crackers

Variety is the key to a healthier lunchbox.



Healthy Ideas for Healthy Lunches