



Crowcroft Park's Guide to a Healthy Packed Lunch



The school recognises the benefits of a well-balanced hot school meal for children in the middle of the day, and would recommend this to parents as the best option.

If parents decide to send in a packed lunch we would like to remind parents and children that it is important to have a healthy packed lunch each day.

To help keep our children healthy we insist that parents do not include the following items in packed lunches:

- Sweets or chocolate
- Crisps or any packeted savoury snacks high in salt and fat
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Drinks

We will provide the children with water or milk to drink.

Teachers will be also be talking with the children about making healthy choices during class sessions.

Try:

Instead of cakes, chocolates and biscuits, try currant buns (without icing), fruit bread, tea cakes and malt loaf

Instead of something sweet or a chocolate bar, give them raisins or a small pot of chopped fruit.

If they prefer savoury foods, ditch the crisps and replace with **plain** popcorn, rice cakes or crunchy carrot sticks.

Low-fat custard, fromage frais, rice pudding or yoghurt are very popular and good for growing bones!