

Healthy Packed Lunch Policy

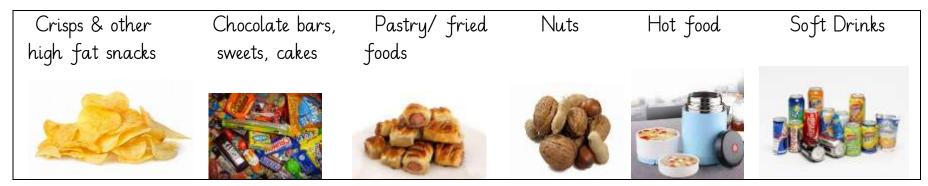


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Your packed lunch should include a portion from each of the following:

Fruit	Vegetables	Meat, egg, beans or fish	Starchy food e.g., sandwich, rice or pasta	Milk, yoghurt or cheese

Your packed lunch should not include these foods:



Treat Friday

Every Friday you can bring I 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.

