








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 & 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.

