

Following UK Government guidance, it is recommended that packed lunches contain one food from each of these groups every day:

A **starchy food** (such as bread, pasta, rice, noodles, potatoes, bagels, wraps, pitta bread)



At least 1 portion of **fruit and vegetables** - fresh, tinned in natural juice or dried (not processed fruit please)



Meat, fish or another source of non-dairy **protein** (such as lentils, Quorn, hummus and kidney beans)



A **dairy food** (such as milk, cheese, yogurt, rice pudding fromage frais, custard)



**Water** is freely available in school but may also be brought in with lunches



**Other drinks**

100% fruit juice (can be diluted) 100% fruit smoothie, milk drinks



**GREEN FOODS FOR EVERYDAY CHOICES**

**These foods are not to be included please:** sweets, chocolate bars, jam or chocolate spread sandwiches

**Due to allergies, please do not send in any nut or nut products in to school - thank you**

**These foods twice a week on your preferred days or Tues/Thurs please:** sausage rolls, sausages, pasties, pork pies, fried crisps, pepperami, chipolatas

**These foods on a Friday please in line with the school dinner menu:** chocolate cake bar, chocolate biscuit

**The following items may also be included as part of a balanced meal:**

**\*\*breadsticks \*\*crackers \*\* small plain or fruit bun  
\*\*malt loaf \*\* plain teacake \*\* plain biscuits \*\* fig rolls  
\*\*flapjack \*\*low fat snacks# \*\*sugar free jelly**

# low fat snacks may include baked crisps/crackers, Pom-Bears, Quavers, Wotsits, Skips, Snak a Jacks etc.

**We strive to celebrate 'healthy choices' made children at our school and this will be celebrated by:**

- Healthy Heroes **Sticker** awards
- **Certificates** in Assembly
- During our Merit assemblies three children will be individually awarded with our 'Healthy Hero Honour' trophy which they will keep for a week