School Guidance on Healthy Lunch Boxes and Snacks

As a school we would like to see more children coming into school with healthy break time snacks and healthy lunch boxes.
Please see below guidance on what we as a school feel would be suitable to bring into school.

A healthier lunchbox should:

- be based on starchy carbohydrates (bread, potatoes, rice, pasta)
- include fresh fruit and vegetables/salad
- include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
- include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added-sugar drinks

Below are some suggestions for healthy snacks / healthy items for lunchboxes;

- Fun-sized portions of fresh fruit e.g. banana, apple, pear
- Rainbow fruit pots with a variety of chopped fresh fruit and a little fruit juice
- Veggie colour kebab, e.g. cheese cubes, cucumber, peppers, cherry tomatoes
- Celery sticks with a little low fat cream cheese or low-fat dip
- Plain crackers with a thin slice of cheese, tomato or low-fat cheese spread
- Plain bread sticks or rice cakes (consider dips such as salsa, natural yoghurt, natural fromage frais)







Items that we would not like coming into school in children's pack lunches / for snacks include;

- Fizzy drinks
- Packets of sweets
- Packets of crisps / chocolate bars on a daily basis
- Energy drinks/lucozade sports drinks

As we are a **nut free** school, please make sure that no nut or food products containing nuts are sent into school including Nutella chocolate spread.

The following websites can give you further information on healthy eating and snacks; The Public Health Agency, Better Health – Healthier Families and NHS live well / children's health.