



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
- Nut products
- Packets of crisps / chocolate bars on a daily basis
- Energy drinks/lucozade sports drinks

The following websites can give you further information on healthy eating and snacks; The Public Health Agency, NHS Change 4 Life and NHS live well / children's health.