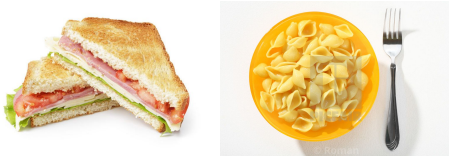
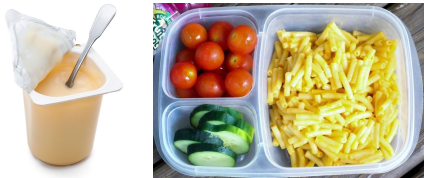


Packed Lunches



Some parents choose to make a packed lunch for their child instead of eating a hot meal in school. We have put together some guidance for parents to ensure that their children are eating a healthy meal.

Your child's packed lunch should include a piece of food from each of the following categories:

starchy foods		eg. bread, pasta or potatoes
fruit and veg		eg. sticks of cucumber, celery or carrot, alongside a piece of fruit
meat, fish, eggs and beans		eg. strips of chicken or bean dips
dairy foods		eg. cheese in a sandwich or a yoghurt or fromage frais
a drink		water is the best choice for children's teeth if you want to pack fruit juice, stick to a 150ml portion

Foods and drinks high in saturated fat, sugar and/or salt, like crisps, chocolate and biscuits, should be eaten in moderation. Please leave these treats to be eaten at home, and do not include the following in your child's packed lunch:



✗ sweets and chocolate



✗ fizzy drinks

