

We want to encourage healthy packed lunches as we are aware of the benefits of a nutritious lunch for children. A healthy lunch can give children the nutrients and energy needed to fully embrace and enjoy all the afternoon activities on offer to them. Below are some ideas of Healthy items for your child's lunchbox.

Please remember that the school and nurseries are NUT FREE & SESAME FREE

Please do not put anything containing nuts or sesame into your child's lunchbox including peanut butter, chocolate spread, hummus and Tahini. Sesame can also be present in bread products such as bread sticks, bread rolls and seeded bread. We request that you please carefully check the ingredient list of any items that you send your child to school with. Thank you.



Keep them fuller for longer by basing the lunchbox on foods like bread (bagels, pitta, wraps and different varieties of bread), rice, pasta and potatoes. Choose wholegrain where you can.



Mix your slices - If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



Create 'Do It Yourself' lunches - Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day. Kindly remember **No hummus** is permitted in school as it contains sesame seeds.



Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



Always add veg. Add salad to sandwiches. Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY.



Cut down on crisps - If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap them for homemade plain popcorn or plain rice cakes instead.



Add bite-size fruit - Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat (add a squeeze of lemon juice to stop it from going brown). A small pot of tinned fruit in juice is another healthy option.



Swap the fruit bars for dried fruit such as raisins, sultanas and dried apricots. They are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.



Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Go for low-fat and lower sugar yoghurt or fromage fraise and add your own fruit.



Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Be adventurous and get creative to mix up what goes in their lunchbox. Variety helps to keep the children interested.

If you would like any more information to support your child at home, please feel free to get in touch with our home School Link worker.