

**NORTHERN PARADE
FEDERATED
SCHOOLS**



Healthy School



School

lunch



**PREPARING
YOUR CHILD'S
HEALTHY
PACKED LUNCH.**

PREPARING YOUR CHILD'S HEALTHY LUNCHBOX



At Northern Parade Federated Schools we pride ourselves on our 'Healthy School' status.

Here are some guidelines to help maintain your child's balanced diet whilst having a packed lunch at School.

A balanced packed lunch should contain:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit



Starchy foods are a good source of energy and should make up a third of the lunchbox. But don't let things get boring.

Instead of sandwiches, give kids bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.

PROCESSED FOODS



Processed foods aren't necessarily unhealthy, but anything that's been processed may contain added salt, sugar and fat.

Crisp and chocolate swaps



Cutting out foods that are high in salt and sugar is a huge step to creating a healthy lunch for your child. Simply swapping crisps, sweet biscuits and chocolate bars for foods like, dried fruit and vegetables, chunks of cheese or a low-sugar yogurt is a huge step forward.

My Healthy Lunchbox





If your child has a packed lunch from home, please sign below to indicate that you agree to provide them with a healthy lunchbox.

NAME:

CLASS:

SIGNED:

parent/carer

DATE:

Should you need any further assistance or advice regarding your child's lunchbox requirements please do not hesitate to contact the School:



**023 9266 2596
(INFANT SCHOOL)**

**023 92662 129
(JUNIOR SCHOOL)**



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