

PACK A HEALTHY LUNCHBOX

What to pack?

- **Starchy foods** to provide energy - such as bread, pasta, bagels, wraps, pittas or rolls - preferably the wholemeal variety of each for extra fibre and to keep your child full up for longer. Bread sticks, rice cakes or malt loaf may be included
- **Protein** for growth and repair - meat such as sliced ham or chicken, oily fish, egg, hummus
- **Dairy** for healthy teeth and bones - small cubes of cheese, small pot of yoghurt or fromage frais
- **Vegetables, salad or fruit** - this may be a selection of vegetable sticks, chopped up fresh fruit, a small whole piece of fruit, tinned fruit in natural juice or dried fruit



We only have a few NO'S

What not to pack:

- Chocolate covered biscuits and bars e.g. Kit-Kats, penguins, club bars and similar
- Chocolate bars e.g. Mars, Milky Way, Twix, Chocolate buttons
- Sweets e.g. Jelly tots, boiled sweets, sherbets and similar
- Chocolate spreads or Nutella
- Traditional crisps (any brand), Pringles, Hula Hoops, Wotsits and similar (Baked crisps are an exception e.g. Sunbites, Quavers, Mini Cheddars, Snack-a-Jacks)

NO NUTS

Water is always provided at lunchtime to ensure children stay hydrated, which helps concentration.



Children age 5-8 should drink 1 litre of water per day

Children age 9-12 should drink 1.5 litres of water per day



Healthy Schools

