



Willerby Carr Lane Primary School

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Healthy Packed Lunches

At Willerby Carr Lane Primary School we believe it is important that the young children in our care eat healthily. In the science curriculum, pupils are made aware of the benefits of healthy eating and the risks of a poor diet. Our hot school meals are prepared following national guidance on nutrition and provide a balanced diet. When children bring in their own packed lunch from home, we also ask that it be healthy, nutritious and well-balanced.

We recommend that a balanced packed lunch should contain

- starchy food (e.g. bread, bagal, wrap, pitta or pasta);
- protein foods (e.g. meat, fish, eggs beans);
- a dairy item (e.g. cheese or yoghurt);
- vegetables or salad;
- a portion of fruit;
- a drink such as water or fruit juice.

The lunch box may also contain one of the following for that extra energy boost:

- Small packet of crisps
- Sweet option – small piece of cake, biscuit or cookie.

There should be **no sweets or chocolate or fizzy drinks** in school and, as I'm sure you'll understand, should they come into school, they will be confiscated and returned to parents at the end of the day.

For more ideas on healthy packed lunches see:

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

<http://www.netmums.com/family-food/food-for-kids/lunchbox-ideas>

