

Healthy Lunchtimes and Breaktimes

Packed lunches may include:

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- Dairy food such as cheese, yoghurt, fromage frais
- A smoothie or yoghurt drink
- A bottle of water
- A biscuit

Packed lunches should NOT contain

- Anything containing **NUTS**
- Confectionery such as chocolate bars and sweets.
- No fizzy drinks.

Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Children are not allowed to share food because of allergy concerns.

Other ideas are available at these sites:-

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

<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>

<http://www.bbcgoodfood.com/recipes/collection/lunchbox>

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

Breaktime

Early Years/KS1

- You are welcome to send fruit for your child to eat at break time
- Free fruit is provided during snack time after break
- Water is available at all times

KS2

- You are welcome to send fruit for your child to eat at break time
- Water is available at all times