

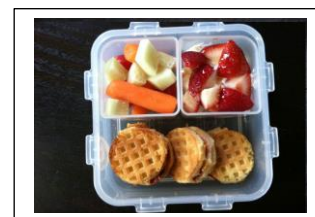
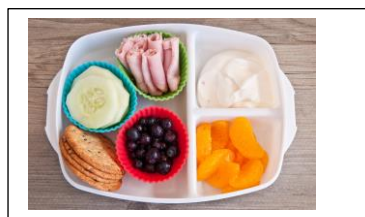


Packed Lunch Information

Alwyn is a healthy school and a nut free school and we want to encourage your child to grow up understanding good dietary practice. We have gathered together some information to help you in deciding what to put in your child's lunch box.

Top Tips:

- Involve the child in deciding some of the content of the meal.
- Think Small! – Small portions of foods such as a half slice sandwich, cut up carrots and grapes are good.
- Too much food can stop your child eating healthily.
- Cut sandwiches into shapes
- Variety – try not to do the same thing every day, if you want to be inventive, have a look at the BBC website; www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration



Preparing your child's lunchbox

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.

Fruit	Vegetables	Bread, rice, potatoes, pasta	Meat, fish, eggs, beans	Milk and dairy foods
½ an apple	slices of cucumber or salad leaves in a sandwich	1 slice of bread (thinly sliced)	1 slice of ham	1 matchbox size chunk of cheese
½ a banana	3 cherry tomatoes	1 mini pitta bread	1/3 tin of tuna	1 pot of fromage frais
2 teaspoons of raisins	a child's handful of chopped carrots	1 mini soft roll	1 egg	1 pot of yoghurt
½ of an orange		2 big spoons of pasta salad	1 tablespoon hummus	
grapes		½ of a chapatti or wrap	1 small slice of quiche	
			1 slice of chicken	

Don't forget a healthy drink of water.