

A Healthy Packed Lunch

Please bring a packed lunch in a named lunch box for your child.

We would like to offer the following guidelines for a healthier packed lunch:

- We don't have anywhere to keep lunches cool, so please keep this in mind.
- We cannot heat up food brought from home.
- We provide water for all our children so you do not need to provide a drink.
- If you provide grapes, please cut them in half lengthways, as whole grapes are a choking risk for small children.
- Please avoid anything with nuts. Some children can have a severe reaction to nuts.
- Staff will remove any chocolate, cakes, sweets, biscuits, juice and fizzy drinks etc from your child's packed lunch and will return them to you at the end of the day.

<p>Carbohydrates Include some foods high in carbohydrates such as bread, pasta, wraps or rice</p> <p>✓</p>	
<p>Proteins Add some protein such as chicken, turkey, ham, eggs, tofu, fish, etc</p> <p>✓</p>	
<p>Fruit & Vegetables Add some vegetables such as carrot sticks, tomatoes, cucumber; fresh fruit such as apple, banana or pear; or dried fruit such as raisins or apricots</p> <p>✓</p>	
<p>Dairy or Dairy Alternative You can include a dairy product or dairy alternative, such as fromage frais or yoghurt</p> <p>✓</p>	
<p>No high sugar or fat Please don't provide any snacks such as crisps, chocolate and biscuits.</p> <p>✗</p>	