

Healthy Packed Lunch Agreement – Suggested Food List

Every Day:

Fruit and Vegetables - At least one portion of fruit and one portion of vegetables.

Proteins - Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel), try to include oily fish, such as salmon, mackerel.

Carbohydrates - A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal food.

Dairy or alternative - A dairy food such as milk, cheese, yoghurt, fromage frais, custard.

Occasionally, the following:

Other - Meat products such as sausage rolls, individual pies, sausages / chipolatas, ham and chocolate spread should be included only occasionally due to their high fat and salt content.

Desserts - Cakes and plain biscuits (without chocolate) are ok, but should be eaten as part of a lunchtime to be kind to teeth.

Foods and drink we would like to avoid:

Confectionery – Salty snacks such as crisps and sugary snacks such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets

Drinks - Sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

An exception to this is on a Friday when in school we have fish and chips on the school meal menu - please feel free to bring a treat!