

Foods which should only be eaten occasionally, maybe once a week as a treat – NOT every day.



Sweets – they are high in sugar which causes tooth decay.



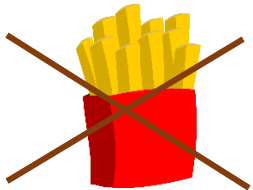
Chocolate is high in sugar and fat.



Cakes and biscuits



Definitely, **NO chips** or hot food in packed lunches!



Forest Fields Primary School



Packed Lunches

Leaflet for Parents and Carers



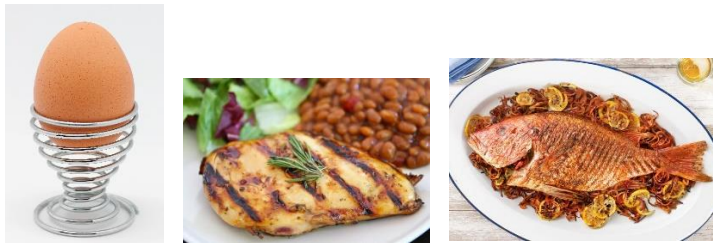
A balanced packed lunch should contain:

- ✓ **Starchy foods:** These are foods such as bread, rice, potatoes and pasta. 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 children bagels, pitta bread, wraps and baguettes. Try to use brown, wholemeal or seeded bread, not just white bread.

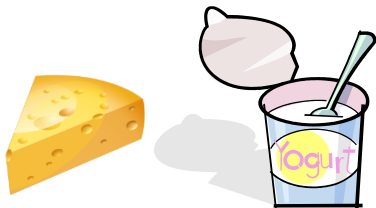


Potatoes cooked as crisps or chips should NOT be included because they are very high in unhealthy fats.

- ✓ **Protein foods:** These are foods such as meat, fish, eggs and beans.



- ✓ A Dairy item: This could be cheese or yoghurt.



- ✓ A portion of fruit, vegetables or salad



Replace chocolate bars and cakes with fresh or dried fruit. Vary the fruit each day and get your child to try new things such as kiwi and melon.



You could also make up a tasty fruit salad. Be inventive and encourage your child to try something new ☺

- X **No Nuts in school!!!**

