

# Health Packed Lunch Guide

Walbottle Village Primary is a Healthy School. We ask that where possible parents follow the Health Packed Lunch Plan below -

- Fresh Fruit and Vegetables - e.g fruit chunks, banana, apple, orange, cherry tomatoes, carrot sticks etc.
- A portion of milk or dairy food - e.g cheese, yoghurt.
- A portion of starchy food - e.g bread/wholegrain bread, sesame seed roll, pitta bread, crackers, pasta, rice etc.
- A small portion of meat or fish or vegetarian alternative – e.g two slices of ham, beef, quorn, chicken etc. Tuna, Egg etc.
- A drink – No fizzy drinks e.g fruit juice, water etc.
- One small treat portion – crisps, biscuit, rice cakes, popcorn, raisins, cereal bar etc.

We ask the below are **not** included in packed lunches –

- Sweets
- Chocolate
- Any foods containing nuts
- Fizzy Drinks

You can also find more ideas in relation to healthy packed lunches on the change 4 life website - <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

