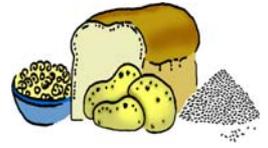


We would like all packed lunch children to have foods in their lunchboxes which will help both with their learning and concentration as well as enabling them to grow up healthily. Great Chart Primary School is a Healthy School and we are encouraging children to eat healthy food at school.

Your child's packed lunch should include one item from each of the 4 food groups below:

1. Starchy Foods Give Energy, Fibre, Vitamins & Minerals

- ✓ Base each meal on a starchy food, such as bread, potato, rice, pasta, yam.
- ✓ Bread, try different types, such as pitta bread, wraps or bread rolls. Whole grain varieties are best for fibre which is vital for a healthy digestive system.
- ✓ Other starchy foods, such as pasta or rice.



2. Meat and Alternatives Give Protein & Build Muscles

- ✓ Add some protein, eg meat, fish, eggs, beans or pulses. Lean meats, like chicken, turkey, ham.
- ✓ Cheese, such as cottage cheese, edam or soft cheese.
- ✓ Egg, hard boiled.
- ✓ Meat alternatives, such as tofu or tempeh.
- ✓ Dishes containing pulses, beans or meat, for example dahl, or bean salad.



3. Milk and Dairy Foods Provide Calcium To Make Strong Teeth & Bones

- ✓ Yoghurt, fromage frais or tzatziki.



4. Fruit and Vegetables Give Vitamins, Minerals & Fibre

- ✓ All packed lunches should contain at least one item of fruit, vegetable or salad.
- ✓ Add tomato, cress, lettuce or beetroot to a sandwich.
- ✓ A vegetable dish, such as salad.
- ✓ Fresh fruit, such as apple, banana, pear or melon pieces.
- ✓ Dried fruit, such as raisins, apricots or figs.
- ✓ Finger foods, such as cherry tomatoes, cucumber sticks or celery. Good with a dip, such as humous or guacamole.

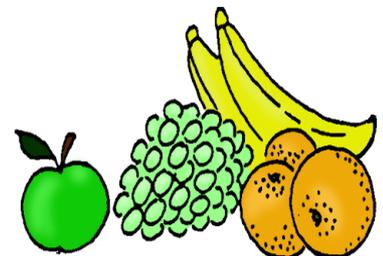


5. Drinks especially water, help children to concentrate and feel well.

- ✓ Only water or pure fruit juice should be included in the lunchbox.

✗ Please do not include chocolate bars, sweets or fizzy drinks.

✗ The school has a no nuts policy as some children are allergic to these.



[You can find healthy lunch ideas from these websites](#)

Lunchbox menus and prices for 5-8 year olds:

<http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/lunchbox5to8/>

Lunchbox menus and prices for 9-12 year olds:

<http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/lunchbox9to12/>

If you want more advice about packed lunches please speak to our Family Liaison Officer, Mrs Marion Golik.