



St Mary's
Catholic Primary School and Nursery

Healthy Packed Lunch Boxes



Recently staff have observed children eating left over cold pizza, 'share size' crisps, huge chocolate bars, chocolate spread sandwiches, sweets and energy drinks as part of their lunch from home. This food is not nutritionally beneficial nor will it sustain your child for the remainder of the day, they will be hungry again and unable to concentrate.

School meals are healthy, balanced, nutritious, but if you choose to make a packed lunch, here are some tips for preparing a healthier lunchbox.

What could be included in your child's lunchbox? We'd love to see:

- starchy carbohydrates (whole meal bread, rice, pasta)
- fresh fruit and vegetables/salad
- a source of protein such as eggs, fish, meat, cheese (or dairy alternative)
- a treat such as a low-fat/lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, sugar-free jelly, cereal bar
- include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added-sugar drinks



change 4 life

Find healthy lunch box ideas at: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

The plastic pioneers (otherwise known as the school council!) would love you to swap your cling film for foil if possible and avoid plastic straws please! Thank you!