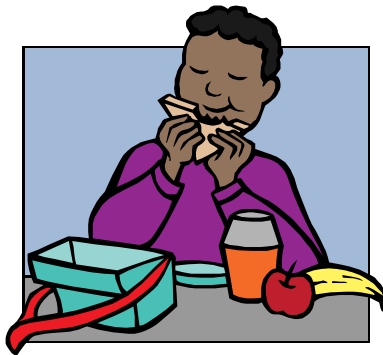




## Packed lunches



**WILLIAM SHREWSBURY  
PRIMARY SCHOOL**



# What can I put in my child's lunch box?



We are a healthy eating school and encourage parents to pack a healthy balanced lunch box.

Try and include something from each food group every day!

## **Starchy Food:**

wholegrain sandwich or roll, tortilla wrap, pitta pocket, bagels.



**Protein:**

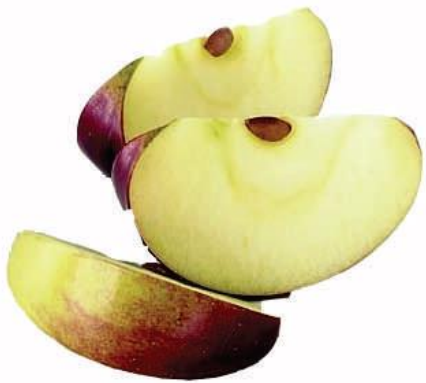
lean meat such as chicken, ham, beef, or tuna, egg

**Fruit and vegetables**

Apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box of raisins

**Dairy products**

A portion of semi-skimmed milk or other dairy food, e.g. soft or hard cheese, yogurt or fromage frais



**Healthy Drink**

Please provide a drink of water or squash for your child. Please do not send fizzy drinks



## TOP TIPS

- If you send a yoghurt ... remember to pack a small spoon
- If it is very warm, include a small ice pack - or freeze a small bottle of water which will thaw and be still nice and chilled by lunch time.

## DON'TS!

- NO sweets
- NO chocolate (though a small chocolate covered biscuit such as a Kit-Kat is acceptable or a small chocolate covered cake such as a Cadburys Mini Roll)
- NO fizzy drinks in bottles or cans e.g. coke, pop.
- NO hot food
- NO nuts (or products which contain nuts such as peanut butter, nut yoghurts, cereal bars with nuts and chocolate & hazelnut spread). We have children in school with severe allergies which may cause choking and in some cases anaphylactic shock.

**THANK YOU and HAPPY EATING!**