

# Balanced packed lunch



## Healthy Foods

You should put these in your lunch box every day or as often as you like.

Fresh and dried fruit such as apples, grapes, mango and plums.

Fresh vegetables such as peppers, carrots and cucumber.

Carbohydrates such as bread, pasta, bagels, wraps etc. Try to include brown bread and wholegrains too.

Meat, fish or other sources of non-dairy protein e.g. lentils, kidney beans, quorn, chickpeas, hummus and eggs.

Dairy foods such as cheese, low sugar yoghurt or fromage frais.

Sandwiches and wraps— savoury ham, tuna, cheese, spreads and salad.

Water, dilute juice or 150ml of fresh fruit juice.



## Treat foods

These types of foods could be included occasionally as part of a balanced meal.

High salt or fat snacks such as crisps, snack-a-jacks or crackers.

Small plain or fruit cakes such as scones, tea-cakes or malt loaf, flapjacks.

Biscuits such as go-ahead bars, digestives, rich tea and oreos.

Small chocolate covered biscuits such as Penguins, Kit-Kat or cereal bars.

Processed products such as pies, sausage rolls, pizza, corned beef pasties, pepperami or sausages.

Dried fruits such as raisins, fruit-winders.

Jam sandwiches.

Jelly.

**Clapgate**  
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## LESS HEALTHY FOODS

Please do not include these in your child's lunch box. It is not healthy to eat these often.

Cakes or buns with sugar cream filling or icing topping and doughnuts.

Chocolate bars such as Mars, Crunchie, Wispa etc.

Sweets such as Haribo or marshmallows.

Milkshakes, high sugar or fizzy drinks such as Oasis, Lucazade, Coca-Cola or Lemonade.

**What will happen if your child brings treat foods too often, or they bring less healthy foods?**

We will not stop your child from eating their lunch on that day. A member of staff will put a copy of the policy in your Child's lunch box to remind you about our expectations.

If we become worried about your child's diet, we will contact you.

