

Healthy Eating Choices

The below information is aimed at supporting parents and carers provide a healthy and nutritious snack and packed lunch for children when at school.

| MORNING SNACK (KS2 only – EYFS and KS1 have fruit provided) |
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| Whole/chopped up fruit – eg: apple, banana, peach, pear, plum, grapes, satsuma. No dried fruit |
| Vegetables – any prepared raw vegetables (e.g. cucumber, pepper, celery, cherry) |
| Malt loaf/fruit breads – this could include a small wholemeal sandwich with healthy filling |
| Breadsticks/ Wholewheat crackers /or wholewheat bread and butter. This can include plain rice cakes |

| PACKED LUNCHES | | | | | |
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| Carbohydrates- Great for energy. <i>Recommended 1/3 of lunchbox.</i> | Protein foods- Supports growth. | A dairy item- Good for growing bones. | Vegetables, salad or fruit- Five-a-day options. | Drinks- Hydration is important. | FRIDAY TREAT (as on occasion School Lunches get a low sugar cake/treat desert) |
| <p>Sandwich or wrap</p> <p>wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap.</p> <p>See protein for filling ideas.</p> <p>Other ideas - pasta salad, rice salad, cous cous, potato salad, tabbouleh, crackers, crisp bread, oatcakes, rice cakes, corn cakes, bread sticks,</p> | <p>Fillings</p> <p>Meat - wafer thin cooked meats, cold meats (e.g. chicken, turkey, meatloaf, sausages).</p> <p>Fish – e.g. tuna mayo</p> <p>Vegetarian - egg salad, egg mayo, grated cheese, cheese and pickle, cheese spread, cream cheese, meat substitute slices, cottage cheese, veggie sausages, vegetarian pate,</p> | <p>Fruit yoghurt</p> <p>e.g. fromage frais or dairy-free alternative.</p> <p>Greek or plain yoghurt.</p> <p>Cheese portion or cottage cheese.</p> <p>Dips – e.g. houmous, tzatziki, raita, cream cheese and plain yoghurt</p> | <p>Whole fruit – any including: apple, banana, peach, pear, plum, grapes, satsuma, (fruit in season) raisins, pumpkin or sunflower seeds, dried apricots, dates or prunes. Dried fruit is allowed at mealtimes.</p> <p>Fruit salad pot - any combination of prepared fruit e.g. strawberries, orange, melon, mango, kiwi etc., fruit jelly made with fruit pieces and pure fruit juice.</p> <p>Portion of tinned fruit (in natural juice) e.g. mandarins, pineapple, peaches, fruit salad, pears.</p> <p>Salad pot – any prepared raw</p> | <p>Water</p> <p>Fruit squash - well diluted.</p> <p>Fresh fruit juice.</p> | <p>Crisps, corn chips or other savoury snack.</p> <p>Chocolate item - e.g. chocolate biscuit, chocolate pancakes.</p> <p>Cakes – e.g. muffin cupcake, small piece of cake, scone, jam tart, shortbread, flapjack.</p> <p>Biscuits – e.g. cookie, gingerbread man, cereal bar.</p> |

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| homemade popcorn, savoury muffin or scone, potato cake quiche, mini quiche or frittata | Finger food – e.g. hardboiled egg, mini sausages, falafel, cubes of cheese. | | vegetables (e.g. cucumber, pepper, celery, cherry tomatoes, carrot, mange tout, slices of avocado), coleslaw | | |
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NEVER ALLOWED

Nuts and nut products

Sweets - including processed fruit products e.g. wound up lengths of fruit jelly.

Confectionary - chocolate bar.

Doughnuts

Fizzy drinks